

NUTRITION

1. Match each food to the main nutrients it contains.

fats

proteins

carbohydrates

vitamins + minerals



2. Complete the definitions choosing the correct nutrient.

provide a fast supply of energy.

provide building materials for growth and to repair our body.

are necessary for our body to function correctly.

provide provide a slower supply of energy.

transports nutrients and waste around our body.

3. Name the different food groups.

