

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 a slower supply of energy.

_____ transports nutrients and waste around our body.

3. Name the different food groups.

