

Name: _____

Date: _____

Nutrient Food Sources

Match the functions and food sources to their respective nutrients.

Functions

- A. Builds and repairs tissues
- B. Regulates body temperature and removes waste
- C. Provides energy
- D. Helps in enzyme function and bone formation
- E. Supports immune function and vision
- F. Supplies energy and insulates the body

Food Sources

- 1. Butter, nuts, and oils
- 2. Leafy vegetables and citrus fruits
- 3. Milk, cheese, and green vegetables
- 4. Rice, bread, and pasta
- 5. Meat, eggs, and legumes
- 6. Clean drinking water

1

Carbohydrates

2

Proteins

3

Fats

4

Vitamins

5

Minerals

6

Water