Health and Family Life Nutrients for Good Health tructions: Read the notes. Choose the answer from the box on the right to complete numbers 1 thru 8. 1. Why is it important to choose foods that contain nutrients and foods that are in the right sizes? (1) 2 and are classified as micronutrients. (3pts.) 3. What are vitamins? (1) 4. Why is vitamin D important? (1) 4. Why is vitamin D important? 5. Why are minerals important? 6. Which mineral protects the body against infections Assists cells in using energy? 7 is the main components of body fluids such as blood, saliva and urine. 6. Lit helps to keep bones and teeth strong and it is also	١	Name: Date:		
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