

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Health and Family Life

### Nutrients for Good Health

**Instructions:** 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) _____	A. Nutrients that help the body do certain jobs.
2. _____, _____, and _____ are classified as micronutrients. (3pts.)	B. Iron
3. What are vitamins? (1) _____	C. Because it helps the body use vitamins and minerals, it aids in digestion and carries waste from the body.
4. Why is vitamin D important? (1) _____ _____	D. To maintain good health and to prevent diseases.
5. Why are minerals important? _____ _____	E. It helps to keep bones and teeth strong and it is also
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.	

8. Why is water important?

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produced  
by the sun.

F. They help  
the body  
function  
properly.

G. Minerals  
such as  
vitamins,  
water, and  
minerals

H. Water

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