

Match nutrients with their functions and their examples.

CARBOHYDRATES

HELP US TO GROW AND REPAIR OUR BODY,  
LIKE FISH, EGGS...

FATS AND SUGARS

KEEP US HEALTHY, LIKE TOMATOES, APPLE...

PROTEINS

GIVE US EXTRA ENERGY, LIKE BISCUIT, CAKE

VITAMINS AND  
MINERALS

GIVE US ENERGY, LIKE BREAD, RICE...