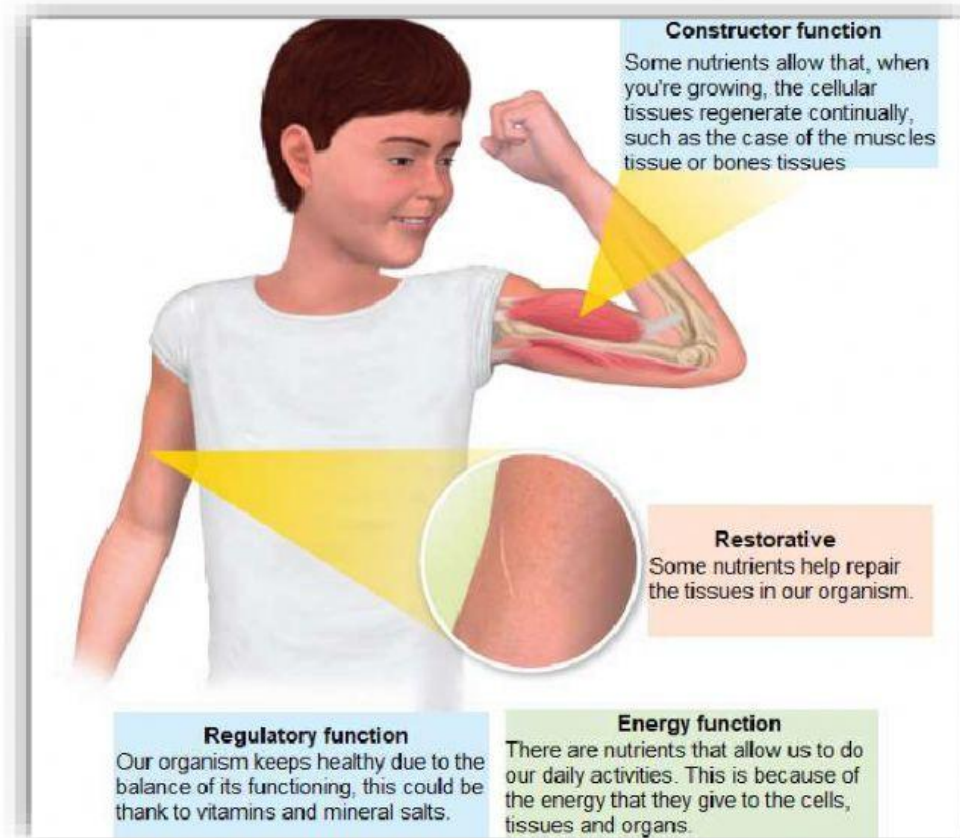


# What is the function of the nutrients?

Nutrients are series of substances that are present in food and are necessary for growth, repair and maintenance of our body and the proper functioning of our organs.

- In the following illustration you will see the four functions of nutrients. **Sumarize the information in the chart below.**



| Function             | Description |
|----------------------|-------------|
| Constructor function |             |
| Restorative function |             |
| Regulatory function  |             |
| Energy function      |             |