

WORKSHEET:

CARBOHYDRATES, FATS and PROTEINS

From the drop down menu, select the nutrient that best matches each description.

1. Helps to repair damaged cells and tissues _____
2. Helps to store energy for the body _____
3. Is the body's main source of energy _____
4. Starches, sugars and fibers are types of this nutrient _____
5. Helps to insulate the body _____
6. Needed by the body for healthy growth _____
7. Helps the body to absorb other nutrients _____

Complete each sentence by dragging the correct word from the box below, to fill in each blank space.

Amino acids

Energy

Fibers

Fibers

Quickly

Slowly

Starches

Sugars

8. Carbohydrates that release energy _____ are called _____.
9. Proteins are formed by long chains of _____.
10. _____ are a type of carbohydrate, but it is not used for _____.
11. _____ release energy _____ but the energy lasts a long time.
12. We need _____ in our diet because they help to prevent constipation.

For each picture below, identify the **main nutrient** it provides. Choose your answer from the drop down menu.

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