

NUTRIENTS

Read and complete.

60% - blood - calcium - dairy - digestion - energy - food - full - function
grow - healthy - iron - meat - organs - repair - store - temperature

- provides the **NUTRIENTS** our body needs to These nutrients are proteins, **carbohydrates**, **fats**, **minerals**, **vitamins** and **water**.
- Our body needs **PROTEINS** to and itself. We can get proteins from animals and plants.
- **CARBOHYDRATES** give our body most of the we need. Starches and sugars are carbohydrates.
- **FIBRE** is another kind of carbohydrate, but it does not provide energy. Fibre aids, it also helps people to feel and it can reduce the level of cholesterol in the
- **FATS** are sources of energy that the body can Fat may be solid or liquid (oils). Our body uses them to maintain and cushion
- **MINERALS** have a variety of purposes:
 - builds bones and teeth. It is found in products or green leafy vegetables.
 - We need to build red blood cells and carry oxygen from the lungs. It is found in or egg yolks
- Our body needs **VITAMINS** to be They are found in many different foods.
- About of an adult's body is **WATER**. Water also helps the body get rid of wastes and maintain its temperature.