1. Match each nutrient with the food that contains it.

Proteins •



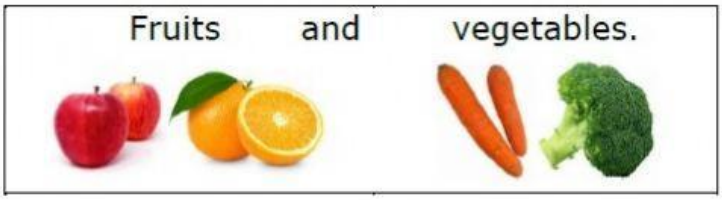
Carbohydrates •



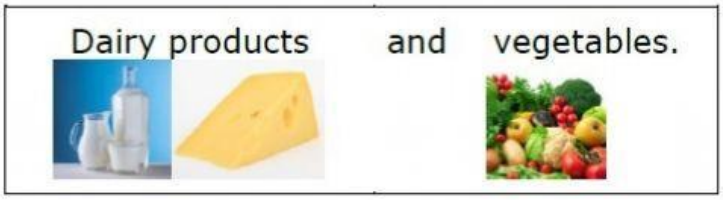
Vitamins •



Minerals •



Fats •



2. Choose the correct nutrient to complete the definitions.

1) _____ gave our muscles stronger and give our body the nutrients we need for growth and repair.

2) _____ help our immune system and prevent illness.

3) _____ give our body energy.

LIVEWORKSHEETS