



# FOOD AND NUTRIENTS

1. CHOOSE THE CORRECT NUTRIENT FOR EACH FOOD.

2.MATCH THE NUTRIENT TO THEIR FUNCTION.

**Vitamines and Minerals**

**Proteins**

**Water**

**Fats**

**Carbohydrates**

**Build and repair the body**

**Keep body healthy and fight diseases**

**Store energy in body**

**Energy giving food**

**Keeps body clean and helps in digestion**