

Student Name:-

Classes:-

Types of nutrients (activity)

- Match each nutrient with the food that contains it :-

1. Carbohydrate.

Fatty fish,



olive oil



and nuts.



2. Protein.

Fruits



and



vegetables.



3. Vitamins.

Chicken,



fish



and eggs.



4. Fats.

Pasta,



bread



and rice.



Good luck