

What are nutrients?

ENERGY

SUGAR

CALCIUM

PROTEINS

VITAMINS

_____ help us to grow and repair our body.

Carbohydrates give us _____.

_____ keep us healthy.

_____ is a mineral. It keep our bones and teeth strong.

Fats and _____ give us extra energy.

The food wheel

VEGETABLES

DAIRY
PRODUCTS

MEAT, FISH,
EGGS



CARBOHYDRATES

WATER AND
EXERCISE

FRUITS

OIL, BUTTER,
NUTS