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A Match the nutrients and the definitions.

1. carbohydrates	c	**a.** It is also called *salt*.
2. cholesterol	___	**b.** It helps your stomach digest food. It comes from plants.
3. fiber	___	**c.** It gives you energy for several hours.
4. protein	___	**d.** It gives you quick energy. Too much is not good for you.
5. sodium	___	**e.** It makes your body strong.
6. sugar	___	**f.** It is only in animal fat. Too much is not good for you.

B Which food does not belong in each nutrient category? Circle the letter.

1. Fiber

a.  **b.**  **c.**  **d.** 

2. Protein

a.  **b.**  **c.**  **d.** 

3. Carbohydrates

a.  **b.**  **c.**  **d.** 

LIVEWORKSHEETS