

Nutrients Exercise

Name : _____

Match the following

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|--------------------------|----------------------------|
| 1. Fats | a) Items that make up food |
| 2. Proteins | b) Slow release of energy |
| 3. Ingredients | c) Body building food |
| 4. Carbohydrates | d) Protective food |
| 5. Water and Fibers | e) Instant energy |
| 6. Vitamins and Minerals | g) Helps in digestion |