

	Nutrient	Food Source	Function
	Protein	Animal products and legumes	Gives body energy, helps body grow
	Carbohydrates	Grains and tubers	Give body energy, help body digest food
Vitamins	Fat	Animal products Plant products	Gives body energy, transports vitamins in body
	Vitamin A	Fruits and vegetables	Helps vision, helps heal wounds, helps body grow, protects body from disease
	Vitamin C	Fruits and vegetables	Protects body from infections, helps heal wounds, helps body absorb and transport iron
Minerals	B Vitamins	Grains, tubers, legumes	Help body grow, help body get energy from carbohydrates, protein, and fat, help brain function
	Iron	Animal products, legumes, grains	Transports oxygen in blood, protects body from infections
	Calcium	Animal products	Builds bones and teeth
	Potassium	Fruits and vegetables	Helps muscles function, helps heart function



10 Read and complete the text.

Nutrients

A balanced diet includes foods from all three food groups. The three food groups provide our body with ¹ proteins, ² , ³ , vitamins, and ⁴ . To give our body energy, we need to eat foods with ⁵ , ⁶ , and ⁷ . Vitamins, for example, ⁸ and ⁹ , are important and perform different functions. Iron, calcium, and potassium, all examples of ¹⁰ , help our body to grow, function, and protect itself from infections.

Let's Do It!



1 Look at the dinners. Complete the charts to classify the food.



Dinner 1



Dinner 2

Dinner 1

Fruits and Vegetables	Grains and Tubers	Legumes and Animal Products	Other
garnish			

Dinner 2

Fruits and Vegetables	Grains and Tubers	Legumes and Animal Products	Other

2 Now check (✓) the nutrients in each dinner. Write the names of the foods for each nutrient.

Dinner 1

- carbohydrate pasta
- proteins
- fats
- vitamins
- minerals

Dinner 2

- carbohydrate
- proteins
- fats
- vitamins
- minerals

1 Read and complete.

fruits nutrients minerals grains vegetables proteins

Different foods contain different substances that our bodies need to grow, repair themselves, and function normally. These substances are called ¹ nutrients. Carbohydrates, ² , and vitamins are examples of nutrients. ³ contain a lot of carbohydrates. Vitamins and ⁴ are found in large quantities in ⁵ and ⁶ .