

Name _____ Date _____

Nutrients Revision

Complete each item below by writing the missing word or words in the spaces provided.

1. _____ is the study of nutrients and how they are used by the body.
2. _____ are the chemicals in food that help your body grow, repair and maintain itself, regulate its processes, and make heat and energy.
3. The _____ you need to study, play and work comes from the food you eat.
4. The term used to refer to food that is consumed daily is called _____.
5. The six nutrients are water, _____, fats _____, proteins and vitamins.
6. _____ is essential for growth, repair and maintenance of the body.
7. Dry beans and peas, grains and vegetables provide _____ proteins.
8. _____ provides heat and energy for the body's activities.
9. Two of the most important _____ are calcium and phosphorus.
10. When you consume extra _____ vitamins, your body stores them as fat.
11. The _____ vitamins can be lost when vegetable are soaked in water for a long time.
12. The best source of _____ is citrus fruits such as oranges and grapefruits.

13. A solution of _____ and _____ can prevent
cut fruits from discoloring.

14. The tool that is use to help you make healthy choices is called
