

Name: _____ Date: _____

Health and Family Life

Nutrients for Good Health

Instructions: Read the notes. Answer all questions in complete sentences.

1. Why is it important to choose foods that contain nutrients and in the right proportions? (1)

2. Complete the sentence below. (3)

_____, _____, and _____ are classified as micronutrients.

3. What are vitamins? (1)

4. Why is vitamin D important? (1)

5. Why are minerals important? (1)

6. Which mineral protects the body against infections and assists cells in using energy? (1)

7. Complete the sentence below. (1)

_____ is the main components of body fluids such as blood, saliva and urine.

8. Why is water important? (1)

10 points total