What is the difference between nutrients and food?

1. Complete the table using the words from the wordbank.

More energy	grow and repair	fruit	cereals
regulate	provide energy	dairy	eggs

Nutrients	What do they do?	Examples
Carbohydrates		
Fats		
Vitamins and minerals		
Proteins		

2. Match the type of food with its function.

Energy foods		Helps digestion and the elimination of faces.
Regulating foods		help to grow and repair tissues.
Body-building foods		Provide energy
Fibre in foods		Regulate processes.

LIVEWORKSHEETS