

Nutrients

Nutrients are substances in food that your body needs. There are two main types of nutrients:

Influences on Food Choices

- *
- *
- *
- * appetite and hunger

Like air and water, food is one of life's necessities. Choosing healthy food is a positive behavior that can help you _____ certain health problems.

**Nutrition
Concept
Map**

Complete the concept map on using terms and phrases from the electronic textbook