

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