

Name: _____ Date: _____

Health and Family Life

Nutrients for Good Health

Instructions: Read the notes. Choose the answer from the box on the right to complete numbers 1 thru 8.

1. Why is it important to choose foods that contain nutrients and foods that are in the right sizes? (1) _____	A. Nutrients that help the body do certain jobs.
2. _____, _____, and _____ are classified as micronutrients. (3pts.)	B. Iron
3. What are vitamins? (1) _____	C. Because it helps the body use vitamins and minerals, it aids in digestion and carries waste from the body.
4. Why is vitamin D important? (1) _____ _____	D. To maintain good health and to prevent diseases.
5. Why are minerals important? _____ _____	E. It helps to keep bones and teeth strong and it is also
6. Which mineral protects the body against infections Assists cells in using energy? _____ _____	
7. _____ is the main components of body fluids such as blood, saliva and urine.	

8. Why is water important?

produced
by the sun.

F. They help
the body
function
properly.

G. Minerals
such as
vitamins,
water, and
minerals

H. Water

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