

Nutrients

Foods contain different substances, which are needed by your body. These substances are called nutrients. They nourish your body. The nutrients you need in your daily diet are carbohydrates, fats, proteins, vitamins and minerals. Different nutrients are used for different purposes. Carbohydrates and fats are the main source of energy. Body cells use protein to grow, repair themselves and make new cells. Vitamins and minerals are needed to keep your body parts working together properly. They also needed for proper growth. No single food contains enough of all these nutrients. Can you see why your diet should contain a variety of foods?

A Answer these questions.

1. Where does your body get nutrients? _____
2. What do nutrients do? _____
3. Which two nutrients are the main energy foods?

4. Which group of nutrients is especially needed for growth and repair of cells and tissues? _____
5. Give two reasons why your body needs vitamins and minerals
 - a. _____
 - b. _____



B Name three sources of each nutrient

1. Carbohydrates _____
2. Fats _____
3. Proteins _____
4. Vitamins _____
5. Minerals _____



C Name the 5 nutrients which your body needs daily.

1. _____
2. _____
3. _____
4. _____
5. _____



D Underline the correct answers.

1. Every day your diet should contain (a. all of the nutrients b. most of the nutrients c. no nutrients)
2. The best way to see that your diet contains the needed nutrients is to eat (a. a big serving of one food b. only meat c. variety of food)
3. One food which contains all the necessary nutrients (a is water b has never been found c is meat)
4. Nutrients are carried to the body cells by the (a. muscles b. blood c. nerves)
5. Something which is not a nutrient is (a. fat b. protein c. calorie)