NUTRIENTS

Choose the correct meaning for the nutrients down below:

Balanced diet	such as meat, chicken, fish, beans, milk and milk products. Our body needs protein for growth, to build muscles and to repair damage to our body.
Carbohydrates	such as cooking oil, pancake, butter, chocolate. It provides our body with energy but eating too much can make us overweight and unhealthy.
Proteins	is a diet that contains the right types and right amount of food from Healthy Food Pyramid.
Vitamins	such as rice, pasta, bread & potatoes. It gives our body energy we need to do our daily activities.
Minerals	Fibre comes from plants. Such as fruits, vegetables, breads and cereals. It helps to move food through the digestive system. Water helps to remove waste from the body and replace the water our body loses when we breathe and sweat.
Fat and Sugar	such as milk products and eggs for calcium and shellfish and green vegetables for iron. It helps our body grow, develop and stay healthy.
Water and Fibre	such as fruits and vegetables. E.g carrots, sweet potatoes are high in Vitamin A that helps our skin and eyes healthy.

LIVEWORKSHEETS