WORKSHEET:
CARBOHYDRATES, FATS and PROTEINS

From the drop down menu, select the nutrient that best matches each description.

1. Helps to repair damaged cells and tissues_____
2. Helps to store energy for the body_____
3. Is the body's main source of energy_____
4. Starches, sugars and fibers are types of this nutrient_____
5. Helps to insulate the body_____
6. Needed by the body for healthy growth_____
7. Helps the body to absorb other nutrients_____

Complete each sentence by dragging the correct word from the box below, to fill in each blank space.

Amino acids	**Energy**	**Fibers**	**Fibers**
Quickly	**Slowly**	**Starches**	**Sugars**

8. Carbohydrates that release energy _____ are called _____.
9. Proteins are formed by long chains of _____.
10. _____ are a type of carbohydrate, but it is not used for _____.
11. _____ release energy _____ but the energy lasts a long time.
12. We need _____ in our diet because they help to prevent constipation.

LIVEWORKSHEETS

For each picture below, identify the **main nutrient** it provides. Choose your answer from the drop down menu.

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LIVEWORKSHEETS