

# 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.

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

13



14



15



VEGETABLE OIL

16



17



18



19



20



21



22



23



24

