

# Worksheet: The 6 Essential Nutrients



For each description below, choose the correct nutrient from the drop down menu.

1. Helps to transport substances around the body. \_\_\_\_\_
2. Starch, sugar and fiber are this type of nutrient \_\_\_\_\_
3. Helps to build and strengthen body structures \_\_\_\_\_
4. Helps to insulate the body \_\_\_\_\_
5. Needed to repair damaged tissues \_\_\_\_\_
6. Stores energy for the body \_\_\_\_\_
7. Helps the body to use other nutrients properly \_\_\_\_\_
8. The body's main energy source \_\_\_\_\_
9. Calcium and iron are examples of this \_\_\_\_\_
10. Helps the body to get rid of some waste products \_\_\_\_\_
11. Helps with growth of the body \_\_\_\_\_
12. Needed to help keep the body warm \_\_\_\_\_
13. Only nutrient that contains nitrogen \_\_\_\_\_
14. Helps to form nerves and body cells \_\_\_\_\_
15. Makes up at least 60% of the body \_\_\_\_\_

Complete the sentences below by dragging the correct word to fill each blank space.

**Vitamin A**

**Vitamin B**

**Oxygen**

**Water**

**Fluoride**

**Nitrogen**

**Iron**

**Carbon**

**Minerals**

**Hydrogen**

**Fluoride**

16. \_\_\_\_\_ and \_\_\_\_\_ are not organic nutrients.
17. \_\_\_\_\_ is needed to help the eyes function properly.
18. \_\_\_\_\_ helps the red blood cell to transport oxygen.
19. Organic nutrients are formed by the elements \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.
20. Keeping tooth enamel strong is the job of \_\_\_\_\_.
21. \_\_\_\_\_ helps the body to use and produce energy properly.
22. Protein is the only nutrient to contain \_\_\_\_\_.