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 _____

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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 _____.

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