NUTRITION

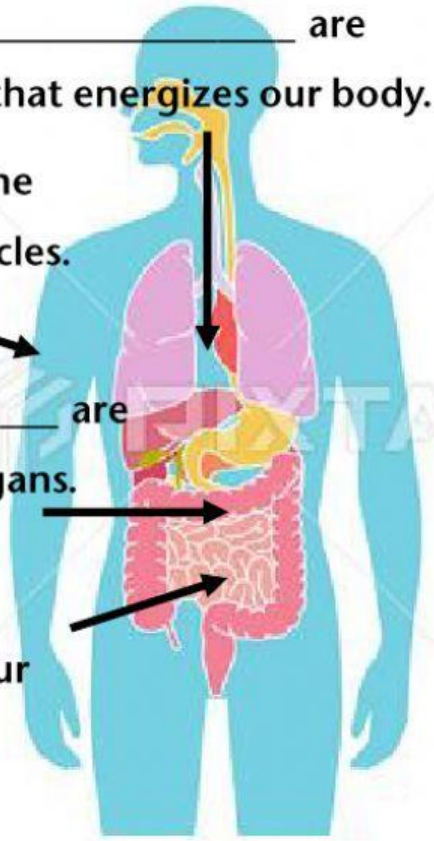
I. Fill in the diagram with the nutrients functions


vitamins & minerals


proteins


carbohydrates


water



_____ are fuel that energizes our body.

_____ are the nutrients of our muscles.

_____ are the nutrients of our organs.

_____ keeps our systems running.

II. Form full sentences using your answers in I

1. Proteins are the nutrients of our muscles.
2.
3.
4.

III. Match the nutrients with the foods you can find them in..

vitamins & minerals	meat, chicken, fish and some beans
proteins	bread, rice, pasta and sweets.
carbohydrates	vegetables, fruits and some grains
water	soup and drinks

LIVEWORKSHEETS