

FOOD FOR LIFE

Nutrients



Match the elements in the three columns

CARBS

A keeps your skin healthy

beans and lentils

FATS

B is good for your blood

butter and oil

MINERALS

build structures, like muscles

carrots, pumpkins

PROTEINS

C helps fight diseases

citrus fruits

Dairy products

VITAMINS

calcium helps bones and teeth

meat, fish, eggs

meat, fish, eggs

give the body extra energy

milk, yogurt

potatoes

give the body immediate energy

red meat and some vegetables, like spinach

iron is good for your blood

rice, bread, pasta

some types of meat