

FOOD FOR LIFE

Nutrients

- 1) Match the pictures to the corresponding nutrients.
- 2) Drag each of the functions and drop them in the corresponding space.

				
CARBOHYDRATES	FATS	MINERALS	PROTEINS	VITAMINS
Function:	Function:	Function:	Function:	Function:
build structures, like muscles	give the body immediate energy	give the body extra energy	help fight diseases, keep skin healthy, good for our blood	like iron and calcium, are good for our blood, and help teeth and bones