Topic : NUTRIENTS by MS Moyo

Drag and put the correct function of the given nutrient.

Nutrient	Function
Proteins	
carbohydrates	
fats	
vitamins and minerals	
fibre	
water	

keep food moving easily in digestive system

For making new cells enzymes repair worn out tissues

Provide energy, insulation and new cell membrane

protect the body from diseases like making bones, teeth, strong skin and making

provide energy

Considered as a nutrient that makes up 60%-70% of the body

DRAW LINES TO MATCH THE NUTRIENT AND A PICTURE

Proteins

Carbohydrates

fibre

Fats

Vitamins and Minerals