

Food and Micronutrients Interactive Worksheet

Word Bank: Appetite, Antioxidants, Calorie, Electrolytes, Fat-Soluble, Free Radicals, Hunger, Major Minerals, Minerals, Nutrients, Nutrient Dense Foods, Nutrition, Trace Minerals, Vitamins, Water, Water-Soluble,

1. You need _____ in small amounts.
2. _____ provide nutrition for the body.
3. _____ can damage tissues, cells and even genes.
4. A _____ is a unit of measure.
5. _____ provide a lot of vitamins, minerals and other nutrients but without the high calories.
6. _____ are organic.
7. _____ are stored in body fat.
8. _____ are the foods you choose to eat.
9. _____ is the way your body tells it needs food.
10. _____ are inorganic and naturally occurring chemicals.
11. _____ are nutrients that you need at least 100 milligrams per day.
12. _____ carry electrical charge when dissolved in water.
13. _____ is the most important nutrient, but doesn't have any nutritional value.
14. _____ is the study of nutrients.
15. _____ help protect cells from damage caused by aging.