

Nutrients for a Healthy Diet

Name: _____ Grade: _____

Instructions: Use the word bank to fill in the blanks

conch fritters	vegetables	energy	crackers
health	warm	Lamb chop	Fats
moving	lemonade	salt	growth

Name of Nutrient	Basic uses	Food sources
Proteins	_____ and repair	_____, eggs, milk
Carbohydrates	Provides _____	Oatmeal, macaroni, _____
Minerals	Help maintain _____	_____, liver, fruits, milk, vegetables
Water	For every process in the body	_____
Fiber	Fruits, _____	Keeps food _____ along the gut.
_____	Store _____ and keep body _____	Butter, _____
Vitamins	To maintain _____	Oranges, strawberries, _____

