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, _____






LIVEWORKSHEETS