

THE NUTRIENTS IN FOOD

1. Match each food to the nutrient it contains.

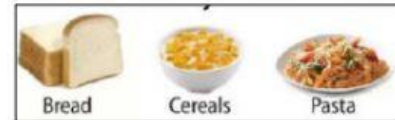


carbohydrates

fats

proteins

vitamins and minerals



2. Classify each food by writing the number of the nutrient they contain.

1. Carbohydrates

2. Fats

3. Proteins

4. Vitamins and minerals

