Nutrients found in each food group

Nutrients	Pictorial Representation	What job is it like	Foods with this nutrient	What does this nutrient do
Fats and Oils				
Proteins				
Vitamins and Minerals				
Carbohydrates				
Water				Water detoxifies and hydrates the body. It regulates body temperature and helps get rid of waste. Water also carries nutrients and oxygen in the body

LIVEWORKSHEETS