

A. Substances added to food to improve its taste, appearance, or shelf life.
B. A mineral essential for healthy bones, teeth, and body functions.
C. Units of energy provided by food and drink.
D. A nutrient found in foods like bread and pasta, providing energy for the body.
E. A fatty substance in the blood that can affect heart health.
F. A nutrient that provides energy and is necessary for certain body functions.
G. A plant-based nutrient that aids digestion and promotes gut health.
H. A natural substance necessary for body health, e.g., calcium, iron.
I. A substance in food essential for growth and health, such as vitamins and minerals.
J. A substance added to food to prevent it from spoiling.
K. A nutrient found in meat, fish, eggs, and beans, vital for building and repairing tissues.
L. Organic compounds necessary for various bodily functions and overall health.

