

Name: _____ Date: _____

Health and Family Life
Nutrients for Good Health

Instructions: Read the notes. Choose the answer from the box on the right to complete numbers 1 thru 8.

<p>1. Why is it important to choose foods that contain nutrients and foods that are in the right sizes? (1) _____</p>	<p>A. Nutrients that help the body do certain jobs.</p>
<p>2. _____, _____, and _____ are classified as micronutrients. (3pts.)</p>	<p>B. Iron</p>
<p>3. What are vitamins? (1) _____</p>	<p>C. Because it helps the body use vitamins and minerals, it aids in digestion and carries waste from the body.</p>
<p>4. Why is vitamin D important? (1) _____</p>	<p>D. To maintain good health and to prevent diseases.</p>
<p>5. Why are minerals important? _____</p>	<p>E. It helps to keep bones and teeth strong and it is also</p>
<p>6. Which mineral protects the body against infections Assists cells in using energy? _____</p>	
<p>7. _____ is the main components of body fluids such as blood, saliva and urine.</p>	

8. Why is water important?

produced
by the sun.

F. They help
the body
function
properly.

G. Minerals
such as
vitamins,
water, and
minerals

H. Water


