

Guide to Nutrition Quiz

Matching Type: Nutrition Basics

Directions: Match the nutrient in Column A with its correct function in Column B. Write the letter of the correct answer.

	1. Helps build and repair body tissues
	2. Primary source of energy for the body
	3. Helps regulate body processes and immunity
	4. Provides stored energy and protects organs
	5. Helps maintain strong bones and teeth
	6. Helps transport nutrients and regulate body temperature
	7. Aids in digestion and prevents constipation

a. Carbohydrates
b. Protein
c. Fats
d. Vitamins
e. Minerals
f. Water
g. Fiber