

Food Groups and Nutrients

Name: _____

Date: _____

Food Groups



Part 1: Food Groups and Nutrients

1. List the 5 main food groups:

1. _____

2. _____

3. _____

4. _____

5. _____

2. Which nutrient is the main source of energy for our bodies?

- ☐ Protein
- ☐ Carbohydrates
- ☐ Vitamins
- ☐ Minerals

3. Which nutrients help build and repair muscles? (Select all that apply)

- ☐ Protein
- ☐ Fat
- ☐ Fibre