

# Nutrition **Cut and Stick**

Cut out the labels and use them to complete the table below.

Name of the nutrient	Foods that contain the nutrient	How the body uses the nutrient

Cut out the cards below.  
Use all the cards given to complete the table.

carbohydrates	proteins
vitamins	minerals
water	fibre
lipids	

Fast release of energy	Support growth and health of blood, teeth, bones and nerves
Growth and repair in the body and cells	Helps to maintain movement through the bowel and a healthy digestive system
Store of energy and insulation	Makes up about 75% of the body
Maintain processes in the body and protection against disease	

