

# NUTRITION

## Vocabulary

**Nutrition:** process of providing or obtaining the food necessary for health and growth. **Nutrients:** substances that animals need to stay alive and healthy. **Dairy:** a type of food produced from or containing milk. **Calcium:** a mineral found in dairy products that helps keep bones strong and healthy. **Sugars:** sweet-tasting food that provides quick release energy.

### Protein - help growth and repair



### Fibre - helps digestion



### Fats - provide energy



### Vitamins - keep you healthy



### Minerals - keep you healthy



### Water - moves nutrients around the body



## Nutrition

Animals can't make their own food so they have to get nutrition from what they eat.

They need to eat the right types and amounts of nutrition to remain healthy.