





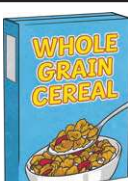




What Do Nutrients Do for Us?



Cut out and match the nutrient type and why you need it. Give another type of food for each category in the blank box.

| Nutrient Type | | Why We Need It |
|---------------|---|---|
| Protein |  | Keeps you healthy |
| Carbohydrates |  | Moves nutrients in the body Cleans waste |
| Fats |  | Helps you digest food |
| Vitamins |  | Keeps you healthy |
| Minerals |  | Gives energy |
| Water |  | Grows and repairs your body |
| Fibre |  | Gives energy |