

NAME: _____

SIX NUTRIENTS

1. What is nutrition?

2. Write down one fact what food does for you?

3. What are carbohydrates? List 3 food examples of carbohydrates.

4. What are proteins? List 3 food examples of proteins.

5. What are fats? List 3 food examples of fats.

6. What are vitamins?

7. What are minerals?

8. What does water do for you?
