

### What Do Nutrients Do for Us?



Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type	
Protein	
Carbohydrates	PREMIUM WHOLEMEAL
Fats	VEGTIBALE
Vitamins	
Minerals	SEMI SKIMMED MILK
Water	
Fibre	WHOLE GRAIN GEREAL

Why We Need It	
Keeps you healthy	
Moves nutrients in the body Cleans waste	
Helps you digest food	
Keeps you healthy	
Gives energy	
Grows and repairs your body	
Gives energy	







### 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	PREMIUM WHOLEMEAL WHOLEMEAL	Moves nutrients in the body Cleans waste	
Fats	VIOLENTIA	Helps you digest food	
Vitamins		Keeps you healthy	
Minerals	SEMI SICIMAED MILK	Gives energy	
Water		Grows and repairs your body	
Fibre	WHOLE GRAIN CEREAL	Gives energy	







### What Do Nutrients Do for Us?



Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from. Give another type of food for each category in the blank box.

Nutrient Type	Foods That Provides Nutrient		Why We Need It
Protein	WHOLE GRAIN GEREAL		Keeps you healthy
Carbohydrates			Moves nutrients in the body Cleans waste
Fats	PREMIUM WHOLEMEAL		Helps you digest food
Vitamins	VICE SAME		Keeps you healthy
Minerals			Gives energy
Water			Grows and repairs your body
Fibre	SEMI SKIMMED MILK		Gives energy

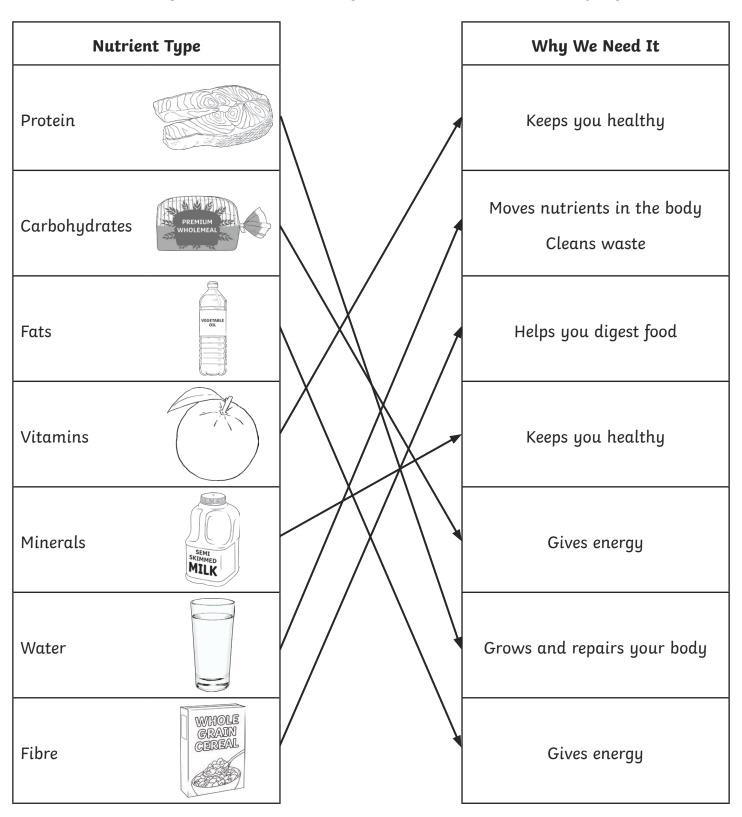






## What Do Nutrients Do for Us? **Answers**

Match the nutrient type with the reason why humans need it. One is done for you.









# What Do Nutrients Do for Us? **Answers**

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		Grows and repairs your body
Carbohydrates	PREMIUM	Gives Energy
Fats	VECTTALE	Gives Energy
Vitamins		Keeps you healthy
Minerals	SEMI SKIMMED MILK	Keeps you healthy
Water		Moves nutrients in the body Cleans waste
Fibre	WHOLE GRAIN GEREAL	Helps you digest food







# What Do Nutrients Do for Us? **Answers**

Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from.

Nutrient Type	Food That Provides Nutrient	Why We Need It
Protein		Grows and repairs your body
Carbohydrates	PREMIUM WHOLEMEAL	Gives Energy
Fats	VEGETABLE	Gives Energy
Vitamins		Keeps you healthy
Minerals	SEMI SKIMMED MILK	Keeps you healthy
Water		Moves nutrients in the body Cleans waste
Fibre	WHOLE GRAIN GEREAL	Helps you digest food



