

THE NUTRIENTS

A) What are nutrients?

B) Unscramble the

1. TPERIOSM
2. STAF
3. AVIMTN
4. RMNIEL

PREVIEW

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C) Give two examples

1. Vitamins and
2. Carbohydrat
3. Fats
4. Proteins

nutrients.

D) Match each food group to its appropriate function and complete the sentence.

- | | | | |
|------------------|---|---|-------------------------------|
| 1. Vitamins | ● | ● | give us energy for later use. |
| 2. Fats | ● | ● | boost the immune system. |
| 3. Proteins | ● | ● | provide energy to the body. |
| 4. Carbohydrates | ● | ● | help in growth and repair. |