

Nutrient	Function	Nutrient example
Carbohydrates	Gives the body energy, stores energy and helps insulate against the cold	Bread and pasta
Protein	Help the body to grow and repair itself.	Meat, fish and eggs.
Fats	Gives the body energy so we can be active	Oils and spreads
Vitamins	Help the body to stay healthy. For example, Vitamin C helps wounds to heal	Fruit and vegetables
Minerals	Keep the body healthy. For example: calcium keeps our teeth strong and iron is needed to help circulate oxygen	Milk and yoghurts
Water	Needed for bodily fluids and normal cell function	Water and juice