

Activity 1

Match the nutrient to the function it provides the body and then give an example of where the nutrient can be found.

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