

Name: _____ Date: _____

The 6 Key Nutrients

- | | |
|--|-------------------------|
| 1. Stores energy for the body | A. fat and protein |
| 2. Vitamins and minerals can be found in this food group | B. fats and oils |
| 3. Regulates body functions | C. Fruit |
| 4. Carbohydrates can be found in the ... group | D. minerals |
| 5. Support function of the heart | E. protein |
| 6. what are the two types of carbohydrates | F. Grains |
| 7. saturated and unsaturated are | G. vitamins |
| 8. a potato is an example of a | H. minerals |
| 9. which nutrient is the building blocks of our body | I. yes |
| 10. which type of carbohydrate is considered 'the good carb' | J. carbohydrate |
| 11. fish is a good source of ... | K. nutrients |
| 12. What nutrient is our body mainly made up of? | L. protein |
| 13. What are substances found in food that your body needs for survival, development, energy and growth? | M. water |
| 14. Meat is an example of | N. simple and complex |
| 15. What is our main source of energy? | O. Minerals |
| 16. What provides insulation for our body? | P. fat |
| 17. Which nutrient helps our body use energy from food? | Q. Water |
| 18. Which nutrient regulates activity of the cells? | R. a type of fat |
| 19. Calcium and Iron are examples of... | S. complex carbohydrate |
| 20. What nutrient hydrates our body? | T. carbohydrates |
| 21. Do I need all 6 essential nutrients to live | U. water |