

Name: _____ Date: _____

The 6 Key Nutrients

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