

NAME: \_\_\_\_\_

## SIX NUTRIENTS

1. What is nutrition?

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2. Write down one fact what food does for you?

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3. What are carbohydrates? List 3 food examples of carbohydrates.

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4. What are proteins? List 3 food examples of proteins.

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5. What are fats? List 3 food examples of fats.

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6. What are vitamins?

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7. What are minerals?

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8. What does water do for you?

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