





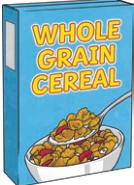




# What Do Nutrients Do for Us?

Match the nutrient type with the reason why humans need it. One is done for you.






Nutrient Type	Why We Need It
Protein 	Keeps you healthy
Carbohydrates 	Moves nutrients in the body Cleans waste
Fats 	Helps you digest food
Vitamins 	Keeps you healthy
Minerals 	Gives energy
Water 	Grows and repairs your body
Fibre 	Gives energy



# What Do Nutrients Do for Us?



Cut out and match the nutrient type and why you need it. Give another type of food for each category in the blank box.

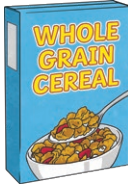






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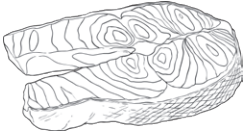





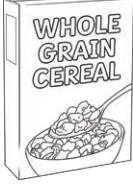
Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from. Give another type of food for each category in the blank box.

Nutrient Type	Foods That Provides Nutrient	Why We Need It
Protein		Keeps you healthy
Carbohydrates		Moves nutrients in the body Cleans waste
Fats		Helps you digest food
Vitamins		Keeps you healthy
Minerals		Gives energy
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Fibre		Gives energy



# What Do Nutrients Do for Us? **Answers**







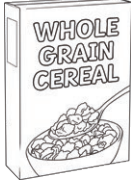
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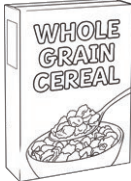
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Nutrient Type	Why We Need It
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# What Do Nutrients Do for Us? Answers

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