



# What Do Nutrients Do For Us?



Cut out and match the nutrient type with the reason why we need it and the type of food we would get it from.

Nutrient type	Food 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
Water		Grows and repairs your body
Fibre		Gives Energy