



Name _____ Class _____ Date _____

What are Nutrients?

Nutrients are the raw ingredients **in food** that give us energy and keep our bodies healthy.

Carbohydrates are a major source of energy.



Proteins are nutrients that are needed for our bodies to grow.



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Vitamins



Minerals are nutrients absorbed by plants from the soil. We get minerals from eating plants.

Water is the most important nutrient of all. Our bodies need about **two liters** of water everyday!





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Where do Nutrients come from?

Draw a line to match the food to the nutrients. Some match more than one.



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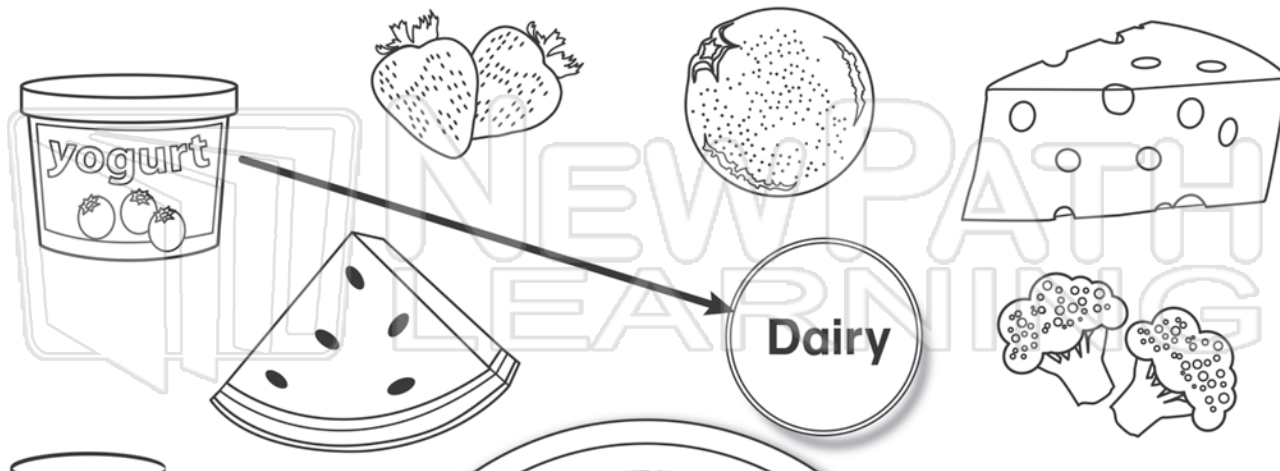
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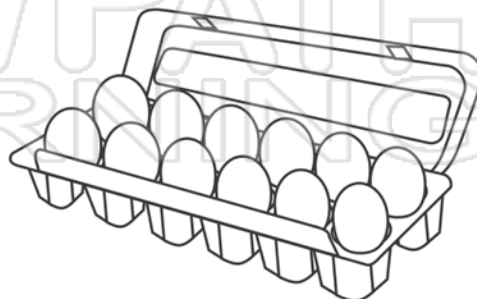
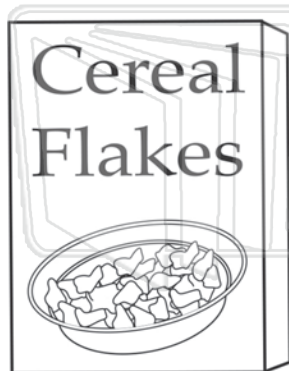
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MyPlate helps you plan your meals to make sure you get the **nutrients** you need.
Draw a line to **match** each food item to the correct **food group**.



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1 The **six nutrients** our bodies need are carbohydrates, proteins, minerals, vitamins, fats, and _____.

A oils
B dietary fiber
C water
D sugars



5 These nutrients **cannot** be made by our bodies. We can get them from **eating plants**.

A minerals
B fats
C proteins
D sugars



2 This **nutrient** is a major source of **energy** for humans and other living organisms

6 How much **water** should you drink **everyday**?




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4 These nutrients are **high in energy**. They help keep our bodies **warm** and **protect** our internal organs.

A minerals
B proteins
C vitamins
D fats



8 These **nutrients** help our bodies **grow**. Fish and beef are two examples.

A vitamins
B fats
C proteins
D carbohydrates





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Answer Sheet

1 The **six nutrients** our bodies need are carbohydrates, proteins, minerals, vitamins, fats, and _____.

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- A
- B
- C
- D



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- A
- B
- C
- D

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