



Name _____ Class _____ Date _____

What are Nutrients?

Nutrients are the raw ingredients in foods needed for energy and all other essential processes of the body.

The six different types of nutrients that a body needs are:

- Carbohydrates
- Proteins
- Minerals
- Fats
- Vitamins
- Water



Healthy eating styles are based on choosing foods that contain vitamins, minerals, fiber, and other nutrients, and choosing the amount of calories you need to maintain a proper weight. The most nutrient-dense foods include vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat dairy products, and lean meats and poultry – all with little or no saturated fat, sodium, and added sugars.

Carbohydrates are nutrients that are made up of carbon, hydrogen, and oxygen. They are a major source of energy for humans and other living organisms. There are simple and complex carbohydrates. **Simple carbohydrates** are also known as sugars. **Complex carbohydrates** are made up of units of sugar linked together. Starch and fiber are examples of complex carbohydrates.



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Vitamins are an important part of a healthy diet because they help to carry out certain chemical reactions within the body. Although the body is able to make a few vitamins, most must be obtained from various foods.

Fat-soluble vitamins dissolve in fat where they are stored and include vitamins A, D, E and K.

Water-soluble vitamins dissolve in water and cannot be stored in the body. Water-soluble vitamins include vitamins C and B. Water-soluble vitamins are important an part of your daily diet since they are not stored in the body.








Minerals are nutrients that are absorbed by plants from the soil and cannot be made by living organisms. Only a small amount of minerals are needed for our bodies.

Water is the most important nutrient of them all. Many important cell processes take place in water including the breakdown of nutrients. The average body needs about two liters of water everyday.



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Use the choices below to plan a **healthy start** to your day!
Circle one choice in each group. Pick a veggie snack, too.

Fruits	Dairy	Grains	Protein	Vegetables
				



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1 The **six different nutrients** our bodies need are carbohydrates, proteins, minerals, vitamins, fats, and most important of all, _____.

- A oils
- B dietary fiber
- C water
- D sugars



5 These nutrients **cannot** be made by our bodies and must be obtained from food. We only need **small amounts**.

- A minerals
- B saturated fats
- C protein
- D sugars



2 **Carbohydrates** are a major source of energy for humans and other living organisms. **Simple carbohydrates** are al

6 These **nutrients** are needed for our bodies **to grow**. We get them from eating meat, fish, eggs, nuts and

- A
- B
- C
- D

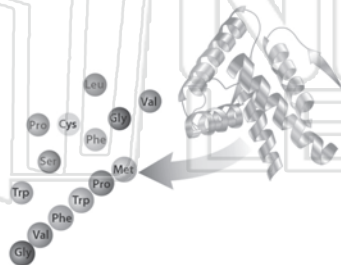


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4 These are the **small units** that are linked together chemically to make up **proteins**.

- A sugars
- B amino acids
- C fats
- D carbs



8 _____ **vitamins** are an important part of your daily diet since they **cannot be stored** in the body. They include vitamins C and B.

- A Water-soluble
- B Fat-soluble
- C Fat
- D Dairy






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Answer Sheet


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D _____

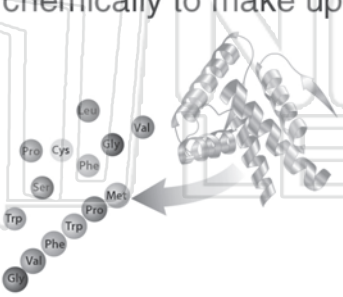


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