








Task 2

Match the nutrient type to the reason why we need it and draw another food for each category in the blank box.

*****You do not need to print this sheet, you can copy it out onto a piece of paper *****

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