

ACTIVITY 1B:

**THE SIX NUTRIENTS
STUDENT WORKSHEET**

1. List the six nutrients. _____

2. What are simple sugars? _____

3. What are complex carbohydrates? _____

4. Why is fiber important? _____

5. What do amino acids build? _____

6. What can happen if you eat too much saturated fat? _____

7. What are vitamins? _____

8. If a person cannot digest milk products, where can they get calcium? _____

9. What does the body use water for? _____

10. What happens if your body does not have the right amount of water? _____
