

Nutrients

What are the 5 main nutrients?


- 1.
- 2.
- 3.
- 4.
- 5.

Complete the table below, using the information to help you.


Recommended Daily Allowances (RDA's) are guidelines set out by the government that tell us the amount of different nutrients we need to eat to keep us healthy. They have decided that we should eat at least 5 portions of carbohydrates a day, 2 or 3 portions of protein a day, and only small amounts of fat. The government have also produced RDA's for each of the vitamins and minerals and tell us that we should try to include a variety of vitamins and minerals in our diet every day.

Nutrient	Recommended Daily Amount
Carbohydrates	
Fats	
Minerals	
Proteins	
Vitamins	


Match the foods with the nutrients they supply. Two have been done for you.




Carbohydrates




Protein




Fats




Vitamin C




Vitamin D



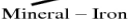
Vitamin B



Vitamin A



Mineral - Calcium



Mineral - Iron