

Nutrient (Where do we get it?)	Function (How do these help us?)	Food (Where do we find them?)
Carbohydrates (sugar)	They give you energy	eggs, rice, pasta, bread, like potatoes, rice, cereals, pasta, and bread
Protein	They help the body grow and repair itself	meat, poultry like chicken, pork, fish, eggs and beans
Fat	They provide energy and help in building	dairy products and meats, some poultry and fish
Fiber / Fibre	It helps you to digest your food.	cereals, fruits, bread, and vegetables
Minerals	Iron is good for the blood. Calcium is good for your bones. Magnesium is good for your bones.	In lots of foods that especially in fresh fruit and vegetables
Vitamins (eg Vitamin A, B, C, D, E)	Vitamins are good for keeping your body healthy. They're good for your skin, bones and teeth.	usually found in dairy products such as milk, eggs and butter, fresh fruit and vegetables.

Questions for You

- Draw 5 items of food that are full of vitamins. Each food needs to be a different color.

- If you eat more carbs what would they do for you?
- What food type helps your body to grow and repair itself? Give an example.
- What will happen if you eat too much fat?
- What 2 food groups will provide you with lots of energy? Write down 2 energy foods.