
Food Talk

Describe the nutrients below:



1. How does it give us fiber?

2. How does it give us vitamins?

3. How does it give us energy?

4. How does it give us protein?

5. How does it give us calcium?

6. How does it give us iron?

7. How does it give us potassium?

8. How does it give us antioxidants?

9. How does it give us phytochemicals?

10. How does it give us other nutrients?

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