

## **Nutrition Webquest Worksheet**

### ***Nutrients***

List 15 essential nutrients and the Recommended Dietary Allowance for your gender and age.

List the 3 macronutrients and give an example of a *GOOD* source of each.

What are the two types of micronutrients?

Looking above at the examples of micronutrients, what food group(s) do you think would be the best source of micronutrients?

Which provide the energy that your body uses, macronutrients or micronutrients?