

Name: _____

Six Kinds of Nutrients

Food is made up of kinds of nutrients (NOO-tree-ents) which are needed to help people grow, be active, and stay healthy. Below, you see the names of the kinds of nutrients. The picture shows foods that contain that kind of nutrient. Decide what food group each food belongs to. Put its abbreviation on the line under the food.

FOOD GROUP

- Grain Products
- Vegetables & Fruit
- Milk Products
- Meat & Alternatives

ABBREVIATION

- G
- VF
- MP
- MA

Carbohydrates

(kahr-buh-HYE-drayts)

Carbohydrates give the body energy.



Water

Much of the body is water. It carries the other nutrients to all parts of the body. It carries waste from all parts of the body.



Proteins

(PROH-tee-ins)

Proteins help the body build and take care of all its parts- muscles, bones, nerves, skin and blood. Proteins can also supply energy.



Vitamins

Vitamins do many things to help the body grow and stay healthy.



Fats

Fats supply lots of energy-more than twice as much as the same weight in proteins or carbohydrates.



Minerals

Minerals help the body in many ways. They help build bones and teeth. Minerals help muscles work the way they should.


