

# Nutrients Question Cards

Cut out the question cards and place them face down on the table. Take it in turns to read a question card to the rest of the group for discussion.



Which foods are good for giving you energy?

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Which foods are a good source of vitamins?

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Which foods are high in fats or sugars so should not be eaten in large amounts?

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Which foods are a good source of minerals?

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Which nutrients would fish provide for the body?

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Which nutrients do yoghurts provide us with?

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Why should you only eat chocolate in smaller amounts?

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Which foods are good sources of protein?

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How does protein help our bodies?

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Can you find an example of a food which is a good source of fibre and vitamins?

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Can you find an example of a food which is a good source of carbohydrates and minerals?

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Which nutrients would wholewheat pasta provide for the body?

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# Nutrients Question Cards Answers

<p>Which foods are good for giving you energy?</p> <p><i>wholegrain rice, couscous, potato, pasta, bread, cereal</i></p>	<p>Which foods are a good source of vitamins?</p> <p><i>nuts, orange, carrot</i></p>	<p>Which foods are high in fats or sugars so should not be eaten in large amounts?</p> <p><i>ice cream, crisps, chocolate, tomato ketchup, cake</i></p>
<p>Which foods are a good source of minerals?</p> <p><i>milk, cereal, mushroom</i></p>	<p>Which nutrients would fish provide for the body?</p> <p><i>protein, fat, minerals, vitamins</i></p>	<p>Which nutrients do yoghurts provide us with?</p> <p><i>minerals, vitamins, protein</i></p>
<p>Why should you only eat chocolate in smaller amounts?</p> <p><i>It contains high levels of fat and sugar, which are unhealthy if we eat too much of them.</i></p>	<p>Which foods are good sources of protein?</p> <p><i>eggs, nuts, chicken, fish</i></p>	<p>How does protein help our bodies?</p> <p><i>Protein helps our bodies to grow and repair.</i></p>
<p>Can you find an example of a food which is a good source of fibre and vitamins?</p> <p><i>apple</i></p>	<p>Can you find an example of a food which is a good source of carbohydrates and minerals?</p> <p><i>strawberry</i></p>	<p>Which nutrients would wholewheat pasta provide for the body?</p> <p><i>carbohydrates and fibre</i></p>