Remember It Quiz

Fill in the gaps on this nutrient grid.

Nutrient	Found in (examples)	What it does/they do
	BUDGET GRAIN MINISTER FIRM	provides
protein		helps growth and
	PREMIUN WHOLEMEAL T	helps you to food
fats		provides
vitamins		keep you
		keep you healthy
		moves nutrients around your body and helps get rid of waste



Science | Animals Including Humans | Food Labels | Lesson 2



Remember It Quiz

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	BUDGT GRAIN GRAIN	provides
protein		helps growth and
	WHOLE WALLENGER WAS A STATE OF THE WAS A STA	helps you to food
fats		provides
vitamins		keep you
		keep you healthy
		moves nutrients around your body and helps get rid of waste





Remember It Quiz Answers

Fill in the gaps on this nutrient grid.

Nutrient	Found in (examples)	What it does/they do
carbohydrates	BUOGI GRAIN	provides <i>energy</i>
protein	eggs, meat, beans, fish, yoghurt	helps growth and <i>repair</i>
fibre	ORANIA PREMIUM WHOLEMEAL	helps you to <i>digest</i> food
fats	nuts, oils, butter	provides <i>energy</i>
vitamins	oranges, carrots, beef, nuts	keep you <i>healthy</i>
minerals		keep you healthy
water	lettuce, strawberries,	moves nutrients around your body and
	tomatoes, water	helps get rid of waste

