







Remember It Quiz

Fill in the gaps on this nutrient grid.

Nutrient	Found in... (examples)	What it does/they do
		provides _____
protein		helps growth and _____
		helps you to _____ food
fats		provides _____
vitamins		keep you _____
		keep you healthy
		moves nutrients around your body and helps get rid of waste




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Remember It Quiz Answers

Fill in the gaps on this nutrient grid.

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