



# What are Nutrients?

**Definition:** *substances in food that your body needs to function properly throughout the day.*



**Nutrition =**  
**feeding**  
**( giving food )**  
**to the body**

NUTRITION



# Nutrition

Carbohydrates

Vitamins

Water

Fats

Protein

Fiber

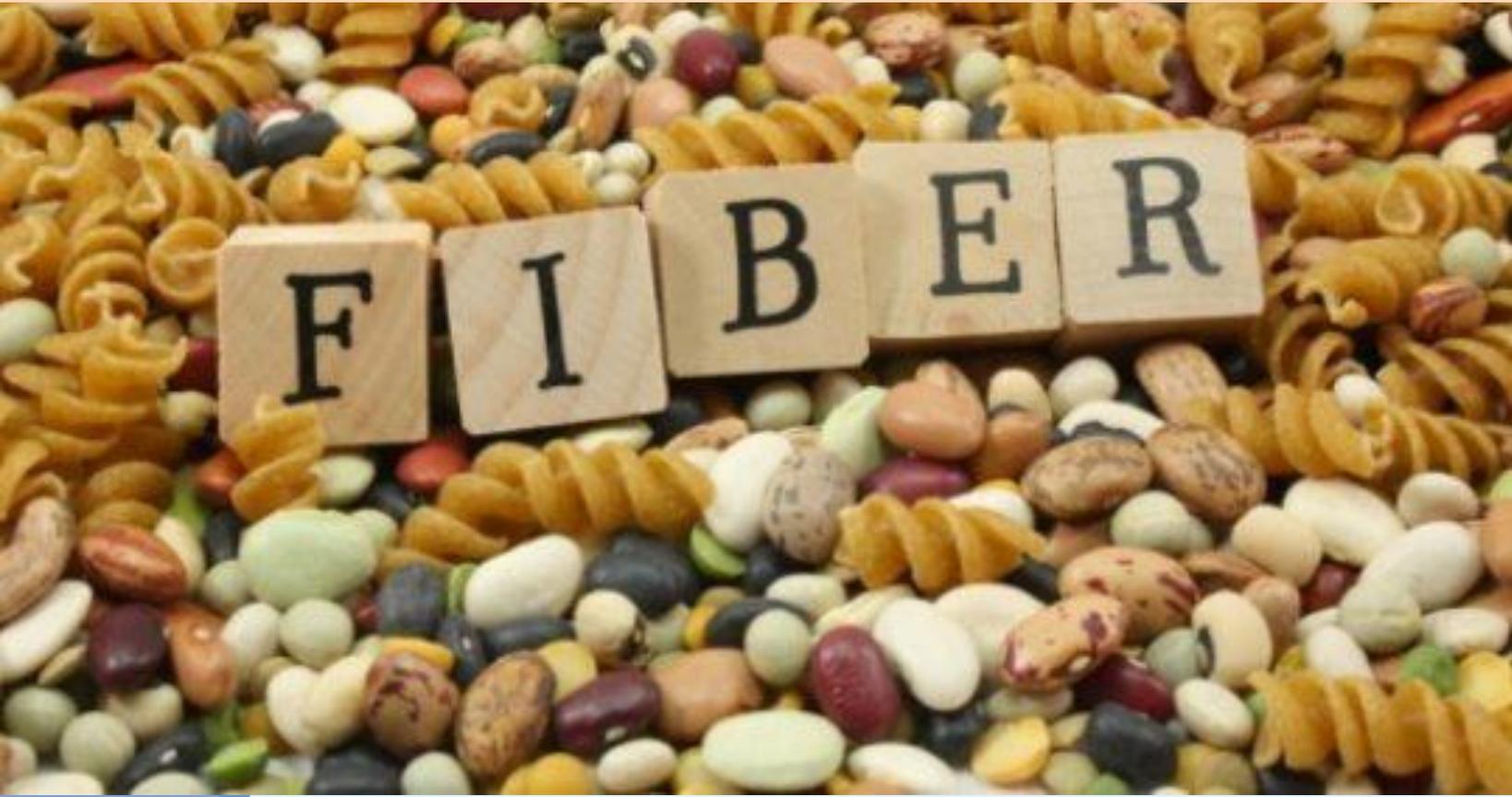
Minerals





**fiber, carbohydrates , proteins**

It keeps the digestive system clean /  
nutrients can pass easily through the body.



# Foods High in Fiber





# CARBOHYDRATES



**It can be broken into simple sugar (Glucose), then make enough energy.**





**They do many important jobs in the body,  
they can help human to grow up.**

# 12 fantastic protein foods



Lean beef



Chicken



White fish



Tofu



**Tuna**



**Milk**



**High protein mik**



**Mixed nuts**



**High protein yoghurt**



**Cheese**



**Eggs**



**Legumes**

**AN APPLE A DAY**

keeps the Doctor  
Away



**Have a good time!**