



# Nutrients







All living things need nutrients.







# Nutrients:

- Nutrients are the substances a body uses to
- *Build*
- *Repair*
- *Maintain* itself.



The process of feeding the body with nutrients is called nutrition.

# Nutrition



# *Some types of different nutrients:*

- *Carbohydrates*
  - *Proteins*
    - *Fats*
  - *Mineral*
  - *Vitamins*
    - *fibre*





**WATER**



**MINERALS**



**VITAMINS**



**CARBOHYDRATES**



**PROTEIN**



**FAT**



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