

Primary Science

Copy and complete this table with a description of the importance of each food group.

	Nutrient	Importance in the diet
1.	carbohydrates	provide energy
2.	proteins	Help us grow, and make repairs when a body part is damaged
3.	fats	Build body parts, and keep them work properly

3.

fats

Build body parts, and keep them work properly

4.

vitamins

Special substances that body needs in tiny amounts

5.

minerals

Building bones, Carrying oxygen in the blood, and controlling blood pressure

6.

fibre

Helps to bulk up the waste in the body

