







What are they called?	What do they do for you?	Where do you find them?
Carbohydrates	Give us energy	Pasta, bread, sweets
Fiber	Great for digestion. Fiber slows digestion.	Fruit and vegetables

Food Nutrients

I. Choose the correct nutrient for each food item listed below.

2. Find the words in the Search Word below.

carbohydrates

fats

fibre

proteins

minerals

vitamins

water

a	f	v	g	j	i	k	l	p	e	v	s	d	b
c	a	r	b	o	h	y	d	r	a	t	e	s	n
w	t	j	l	v	e	q	c	o	b	i	p	c	d
w	s	b	c	j	k	v	i	t	a	m	i	n	s
l	p	y	z	x	m	i	n	e	r	a	l	s	n
f	i	b	r	e	c	b	d	i	w	g	h	v	h
k	g	t	v	e	e	u	i	n	v	s	x	z	e
y	k	w	a	t	e	r	k	s	s	q	c	w	j