



Different Nutrients



Read the texts on the two pages and do the activities.

A Match each nutrient with its description.

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|-----------------|--|
| 1 Carbohydrates | a help the body to grow and to make repairs when it is damaged. |
| 2 Proteins | b give the body energy and are mainly used as fuel. |
| 3 Fats | c help build, repair and maintain the body and keep it working properly. |
| 4 Vitamins | d do not provide nutrition, but help bulk up waste so it passes easily through the body. |
| 5 Minerals | e help the body to stay healthy. |
| 6 Fibre | f are a reserve fuel supply and can also be used for energy. |



B Fill in the gaps with the correct words.

glucose blood nutrition constipations fuel body parts

- All living things need nutrients. The process of feeding the body with nutrients is called _____.
- Carbohydrates are mainly used by the body as _____.
- Digestion breaks carbohydrates into a simple sugar called _____.
- This sugar is carried in the _____ to provide energy for all our body parts.
- Proteins help the body to grow and to make repairs when it is damaged. They help build _____.
- People who do not eat enough fibre are more likely to suffer from _____.



C Read the sentences and write True (T) or False (F).

- Nutrients help the body to build, repair and maintain itself. ☐
- Carbohydrates are broken down into glucose during digestion. ☐
- Proteins are mainly used by the body as fuel. ☐
- Fat can also be used for energy and is stored under the skin. ☐
- Fibre provides nutrition for the body. ☐
- Eating too much fat can make you gain weight and can also damage your heart as you get older. ☐

