

Name the Nutrient

Name _____

Your body is made up of millions of cells that need food to stay alive. Your body needs **nutrients** from the foods you eat to help the cells grow and repair themselves. Nutrients are divided into six major groups: **fats, proteins, carbohydrates, minerals, vitamins** and **water**.

Read each clue. Identify the nutrient.

"I'm the body's building material. You need me to make new tissue. You get plenty of me from milk, beans, meat, and peanuts."

Who am I? _____

"I give you energy to work and play. You can find me in starchy foods like pasta and potatoes."

Who am I? _____

"I help build strong bones and teeth. I also give you healthy red blood. You can find me in all four food groups."

Who am I? _____

"I give you a concentrated source of energy. You can find me in oily and greasy foods, like bacon, salad dressing, and butter. I also help you maintain healthy skin and hair."

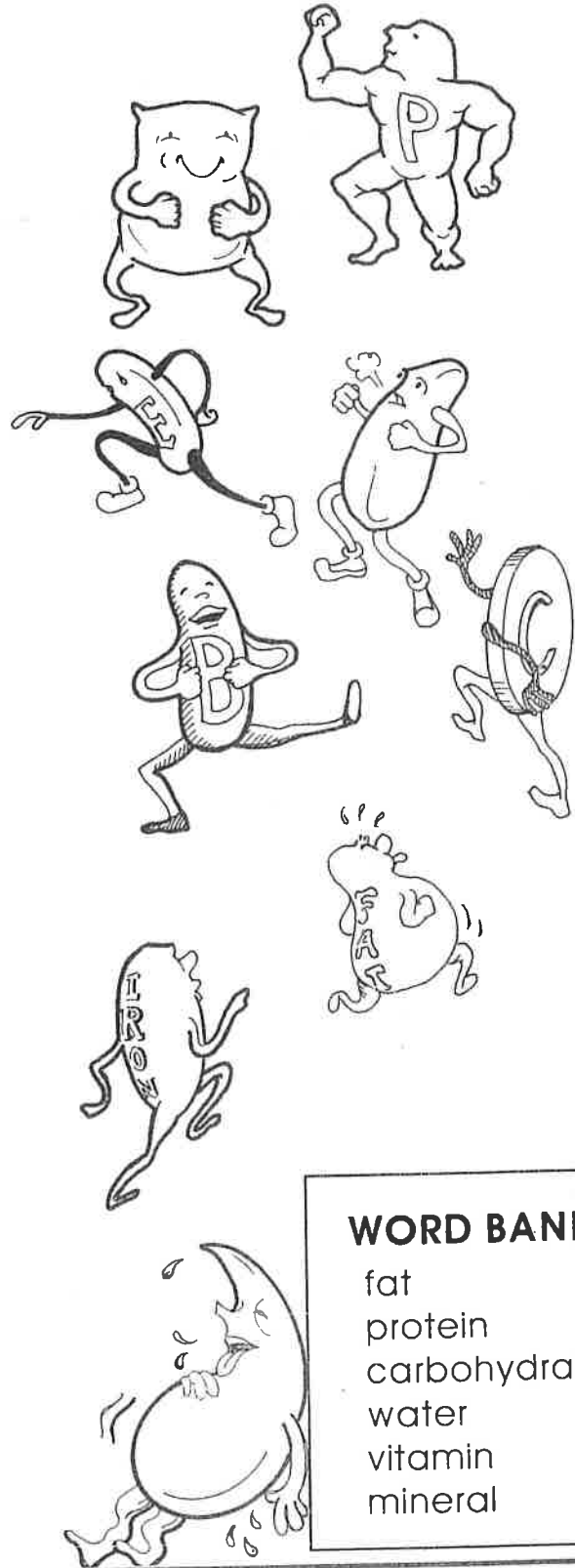
Who am I? _____

"You might call me the alphabet soup of the nutrients. I am one of the essential nutrients. I don't give you energy, but I do help your body get energy from the other nutrients."

Who am I? _____

"I make up over half of your body weight. My job is to carry all those good nutrients throughout your body. I also help your body to remove wastes."

Who am I? _____



WORD BANK

- fat
- protein
- carbohydrate
- water
- vitamin
- mineral



Applying Health Skills

Use with Chapter 4, Lesson 2.

Name That Nutrient

Write the correct nutrient type from the list in the box on each numbered answer line.

Nutrients					
Carbohydrates	Fats	Minerals	Proteins	Vitamins	Water

- _____
two types: water-soluble and fat-soluble
help regulate the body's functions
found in fruits, vegetables, whole-grain breads, and cereals
- _____
substance that stores energy
a source of energy for your body
found in meat, butter, margarine, cooking oil, whole milk, egg yolks, cheese
- _____
include starches and sugars
provide energy
found in breads, pasta, rice, sugar, starchy vegetables
- _____
makes up 60 percent of your body weight
helps break down food, carry nutrients through the body, remove waste from the body,
regulate body temperature
found in fruit, fruit juices, celery, milk, vegetables
- _____
made up of 22 chemicals called amino acids
repair body cells and tissues
found in milk, meat, eggs, fish, poultry, nuts, dry beans
- _____
neither animal nor vegetable
make your bones and teeth strong
found in milk, meat, fish, vegetables, fruits, dry beans