

Name: _____ Date: _____

Nutrients

1. How many nutrients are there? A. Calcium
2. Important for strong bones and teeth. B. Macro Nutrients
3. A nutrient that is found in citrus fruits. C. Vegan
4. A nutrient necessary for growth, healthy skin and eyes. D. Saturated Fat
5. A nutrient that allows the body to grow and repair tissue. E. Micro Nutrients
6. A type of carbohydrate that is usually sweet e.g. Sugar. F. Six
7. A type of carbohydrate that takes longer to digest e.g. Pasta G. Simple carbohydrate
8. A person who eats no animal products at all. H. Dehydration
9. A type of fat that is from animals. I. Amino Acids
10. A nutrient that helps the body absorb calcium. J. Iron
11. Lack of water in the body. K. Vitamin A
12. Protein from animal products. L. Incomplete proteins
13. Proteins from plant products. M. Fruit
14. A type of food required in large amounts in the human diet. N. Protein
15. Women need this mineral the most. It is found in red meat. O. Vitamin D
16. The chemical building blocks of proteins. P. Complete protein
17. A type of food required in very small amounts in the human diet. Q. Vitamin C
18. Strawberries, Kiwi fruit and mangoes are examples of the food. R. Complex Carbohydrate