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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

The 6 Key Nutrients

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| --- | --- |
| **1.** Stores energy for the body  **B** | **A.** fat and protein  |
| **2.** Vitamins and minerals can be found in this food group  **C** | **B.** fats and oils  |
| **3.** Regulates body functions **Q** | **C.** Fruit |
| **4.** Carbohydrates can be found in the ... group  **F** | **D.** minerals  |
| **5.** Support function of the heart  **O** | **E.** protein  |
| **6.** what are the two types of carbohydrates  **N** | **F.** Grains  |
| **7.** saturated and unsaturated are ..... **R** | **G.** vitamins  |
| **8.** a potato is an example of a ..... **J** | **H.** minerals  |
| **9.** which nutrient is the building blocks of our body  **E** | **I.** yes |
| **10.** which type of carbohydrate is considered 'the good carb' **S** | **J.** carbohydrate |
| **11.** fish is a good source of ... **E** | **K.** nutrients  |
| **12.** What nutrient is our body mainly made up of? **U** | **L.** protein  |
| **13.** What are substances found in food that your body needs for survival, development, energy and growth?  **K** | **M.** water |
| **14.** Meat is an example of **A** | **N.** simple and complex  |
| **15.** What is our main source of energy? **T** | **O.** Minerals  |
| **16.**  What provides insulation for our body? **P** | **P.** fat |
| **17.** Which nutrient helps our body use energy from food? **G** | **Q.** Water  |
| **18.** Which nutrient regulates activity of the cells? **D** | **R.** a type of fat  |
| **19.** Calcium and Iron are examples of... **D** | **S.** complex carbohydrate  |
| **20.** What nutrient hydrates our body? **M** | **T.** carbohydrates  |
| **21.** Do I need all 6 essential nutrients to live **I** | **U.** water  |