

Nutrients

Nutrients are substances found in food that provides nourishment essential for growth and the maintenance of life.

6 Kinds of Nutrients

1. Carbohydrates
2. Fat
3. Protein
4. Minerals
5. Vitamins
6. Water

Carbohydrates

Carbohydrates provide the body with quick energy!

Carbohydrates are SUGAR and STARCH. Sugar and Starches that do not get used by the body for energy are stored as FAT.

Apples, bananas, honey and other sweet food contain
Sugar

Bread, pasta and potatoes contain Starch

Fat

Fat has more than **TWICE** as much energy as Carbohydrates.

Our body stores fat to be used when it need extra energy.

Butter, milk, cheese and meat are some foods that have fat.

Protein

Protein is important for strong bones and muscles.

Our bodies cannot store protein like it stores fat.

Our bodies needs food like meat, eggs, beans or cheese EVERY day to get the protein it needs.

Minerals

Minerals helps the body grow.

CALCIUM is a mineral found in milk and cheese and helps to build strong bones and teeth.

IRON is another mineral that is important for healthy blood. Liver and green vegetables are good sources of iron.

Vitamins

Vitamins help the body work properly

Most vitamins are named after letter of the alphabet

We get Vitamin C from orange juice and other fruits

Vitamin D, which helps build strong bones and teeth,
is found in milk

Water

The body cannot live without water.

Our bodies are made up of 55% - 75% water.

Doctors suggest that we should drink 6 to 8 glasses of water each day.