

NUTRIENT REVIEW

Nutrient	Description	Function	Nutrient Sources
<p style="text-align: center;">Protein</p>	<ul style="list-style-type: none"> Proteins are large molecules composed of chains of _____ 	<ul style="list-style-type: none"> _____ _____ _____ 	<ul style="list-style-type: none"> Dairy, fish, eggs, nuts, legumes and tofu _____
<p style="text-align: center;">Carbohydrates</p>	<ul style="list-style-type: none"> Carbohydrates are composed of a single _____ _____ or a small chain of _____ _____ 	<ul style="list-style-type: none"> _____ _____ _____ 	<ul style="list-style-type: none"> Fruit juice, pastries, sweets, sugar are found in simple carbs Breads, pasta, cereals and potatoes are _____ _____
<p style="text-align: center;">Lipids</p>	<ul style="list-style-type: none"> AKA _____ are composed of _____ _____ and a _____ 	<ul style="list-style-type: none"> _____ Regulates the body's temperature _____ Protects the body's organs 	<ul style="list-style-type: none"> Oils, butter, fatty meats, croissants _____
<p style="text-align: center;">Minerals</p>	<ul style="list-style-type: none"> Minerals form salts that make up 4 % of the weight of the human body 	<ul style="list-style-type: none"> Helps regulate the body by regulating _____ Helps muscles _____ Helps transport _____ in the blood 	<ul style="list-style-type: none"> Dairy, legumes, seafood, fruits and vegetables

<p>Vitamins</p>	<ul style="list-style-type: none"> • Chemicals that humans require in small quantities 	<ul style="list-style-type: none"> • Contributes to chemical reactions in the human body • Helps in Energy production • Helps fight _____ • Helps repair _____ 	<ul style="list-style-type: none"> • Dairy, grains, _____ _____
<p>Dietary Fibre</p>	<ul style="list-style-type: none"> • Is necessary for the healthy function of _____ _____ 	<ul style="list-style-type: none"> • _____ 	<ul style="list-style-type: none"> • _____ _____
<p>Water</p>	<ul style="list-style-type: none"> • A simple molecule made up of 2 _____ and 1 _____ 	<ul style="list-style-type: none"> • Transports nutrients and _____ _____ • Regulates the body's _____ • Is essential to the _____ _____ in the human body 	<ul style="list-style-type: none"> • Fruits and _____ _____ _____