Answer the following questions for each nutrient:

1. Why do we need the nutrient?
2. What foods can we get the nutrient from?

|  |  |
| --- | --- |
| 1. Carbohydrates
 | 1. Fats
 |
| 1. Proteins
 | 1. Vitamins
 |
| 1. Minerals
 | 1. Water
 |