Six Essential Nutrients Foldable

Fold both pieces of copy paper into quarters. Glue the two sheets together by overlapping one panel. There should be 7 panels when done.



**First Panel – Title panel**

Include the following and make it colorful.

 Six Essential Nutrients

 By:

 Name

 Date

 Period #

**Remaining Six Panels**

Provide the following information for each of the six essential nutrients listed below.

Use bullet notes recorded during class presentations.

Each panel should be designated as one of the six essential nutrients.

Lettering should be spelled correctly and written legibly.

What is the function of the nutrient? Give 2-3 responses.

Identify at least 3 foods that contain the nutrient using images of foods. Images should be colorful.

Describe what may happen if too much or too little is consumed.

1. Carbohydrates
2. Proteins
3. Fats
4. Vitamins
5. Minerals
6. Water