

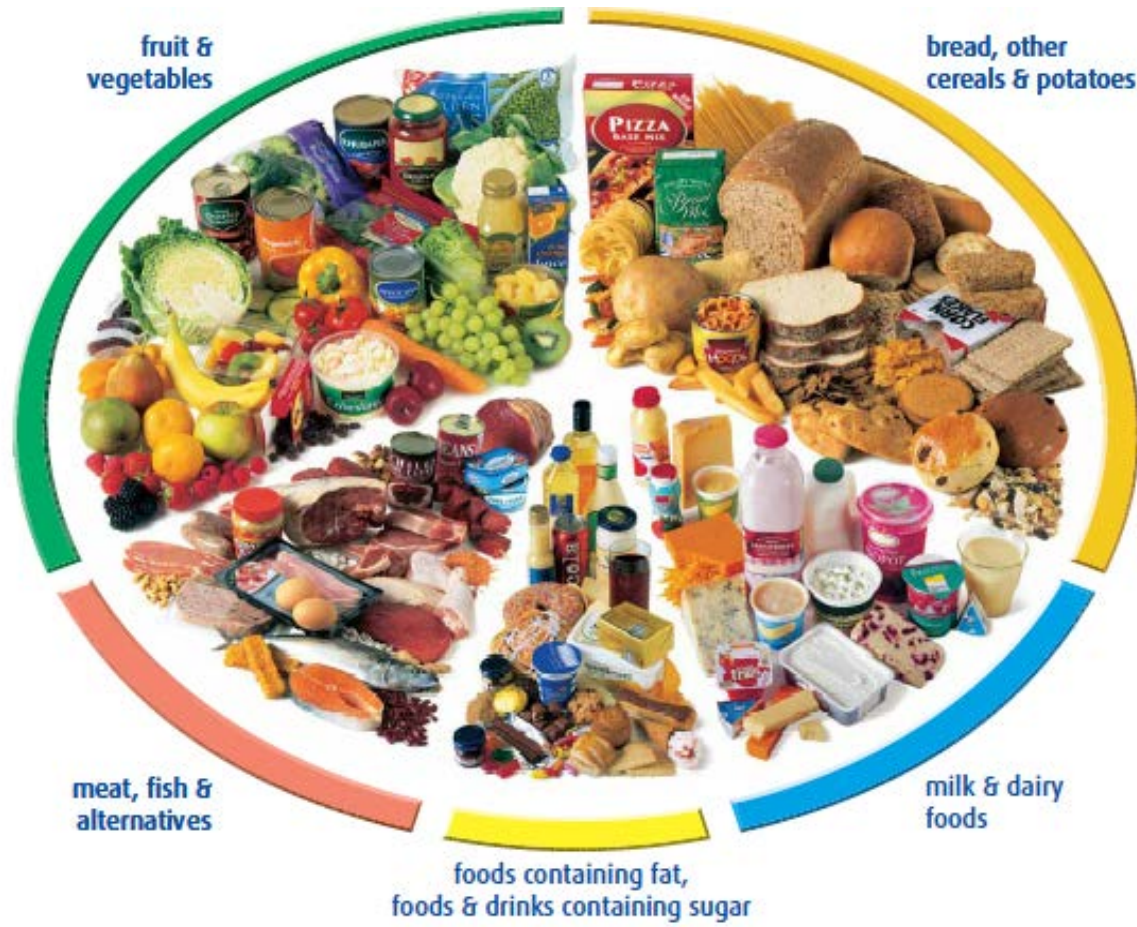
# NUTRITION

**Vitamins:** Are only needed by the body in small amounts, but provide vital functions.

- 1) What does Vitamin C help to do in the body? (1)
- 2) What does Vitamin D help to do in the body? (1)

**Minerals:** are only needed by the body in small amounts, but provide vital functions.

- 1) What does Iron help to do in the body? (1)
- 2) What does Calcium help to do in the body? (1)



**Carbohydrates :**

- 1) Why are carbohydrates needed by the body? (1)
- 2) State 2 starchy foods. (1)
- 3) State 2 sugary foods. (1)

**Proteins**

- 1) Why are proteins needed by the body? (2)
- 2) State 4 foods rich in protein. (2)

**Fat:**

- 1) Why are fats needed by the body? (2)
- 2) State 4 foods high in fat. (2)

Name...

Date...

Group...

Date of marking...