

NUTRITIONAL FACTS



To keep your body healthy, you need to eat a range of foods each day that provide different nutrients.

Below are names of different nutrients; information about what each one does to help our bodies, and pictures of food.

Work in groups to cut them out, then match the correct piece of nutritional information to its name and picture.

NAME	NUTRITIONAL INFORMATION:	PICTURES
<p>Protein</p>	<p>These are found in many different foods, especially fruit and vegetables, and help the body in lots of different ways. Plants even need these too, and get them from the soil!</p>	
<p>Vitamin C</p>	<p>This is found in lots of fruit such as pumpkins and root vegetables such as carrots. It helps the body to develop healthy skin, and is good for the eyes.</p>	
<p>Fats</p>	<p>This is important to give us energy. It is found in foods like pasta, bread and potatoes.</p>	
<p>Carbohydrate</p>	<p>This is a type of mineral that is important for helping teeth and bones grow strong and healthy. It can be found in many dairy products, like milk.</p>	
<p>Minerals</p>	<p>These are a great source of energy and come in different types, including saturates. Too much of these however can be bad for the body, and can lead to you gaining weight.</p>	
<p>Vitamin A</p>	<p>This is found in many fruits, such as oranges. It is important for making sure we stay healthy.</p>	



Ask your teacher to help you check your work.