





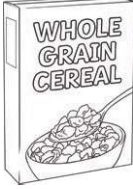




# What Do Nutrients Do for Us? **Answers**

Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type		Why We Need It
Protein		Keeps you healthy
Carbohydrates		Moves nutrients in the body Cleans waste
Fats		Helps you digest food
Vitamins		Keeps you healthy
Minerals		Gives energy
Water		Grows and repairs your body
Fibre		Gives energy

Arrows indicating matches:

- Protein → Keeps you healthy
- Carbohydrates → Moves nutrients in the body
- Carbohydrates → Cleans waste
- Fats → Helps you digest food
- Vitamins → Keeps you healthy
- Minerals → Gives energy
- Water → Grows and repairs your body
- Fibre → Gives energy