

Match the nutrients to why we need them:

Help the body to stay healthy.
For example Vitamin C helps
wounds to heal.

Needed for cells to
function normally and
body fluids.

Gives the body energy
so we can be active.

Help the
body to
grow and
repair itself.



Keep the body healthy.
For example: calcium
keeps our teeth strong and
iron is needed to help
circulate oxygen around
the body.

Gives the body energy,
stores energy and helps
insulate against the
cold.

Helps keep food moving
through the colon and
intestines.