

Nutrient Sort

need seventeen daily
necessary for survival
saturated and unsaturated
insulates body
plant or animal
aids in digestion
can be stored in the body
prevents dehydration
fiber
regulates body functions
simple or complex
solids or liquids
calcium and iron
amino acids
protects organs
aids in growth and repair
main source of energy
cholesterol and transfat
need half gallon daily
found in crust of earth
alphabet examples

Write the characteristics above into the correct nutrient categories.

Carbohydrates

Vitamins

Proteins

Minerals

Fats

Water