

NUTRIENTS IN FOOD

We eat and drink every day. Food contains different nutrients.

There are **6** ESSENTIAL NUTRIENTS:

1. **CARBOHYDRATES** - give our body energy
2. **PROTEINS** - are the building blocks of muscles and of all our body
3. **FATS** - are a quick source of energy and a reserve of energy in our body
- there are "good" and "bad" fats
4. **VITAMINS** - are important for normal activity and growth of our body
- water or fat soluble
- help to protect our body from viruses and bacteria
5. **MINERALS** - help to have healthy bones and teeth
- good functioning of muscles and nerves
6. **WATER** - water is ESSENTIAL to good functioning of all our body

