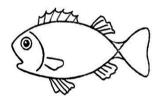
NUTRIENTS IN FOOD

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



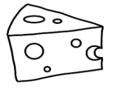
- 3. **FATS** are a quick source of energy and a reserve of energy in our body
 - there are "good" and "bad" fats



- 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



90

OLIVE