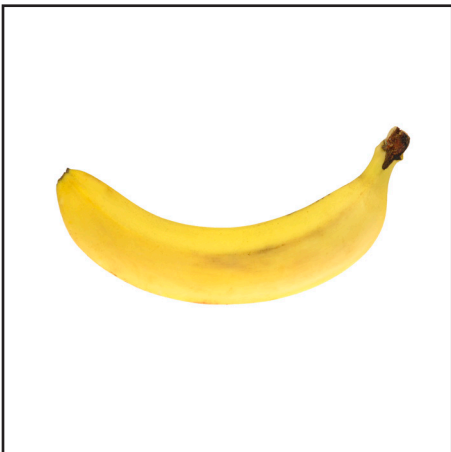
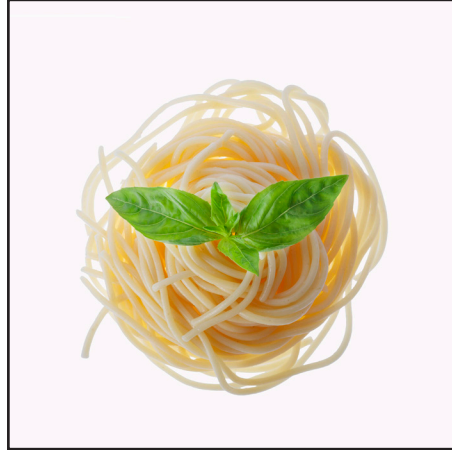


LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 1

CARBOHYDRATES



Carbohydrates provide the body with (ulef) and (yenreg).

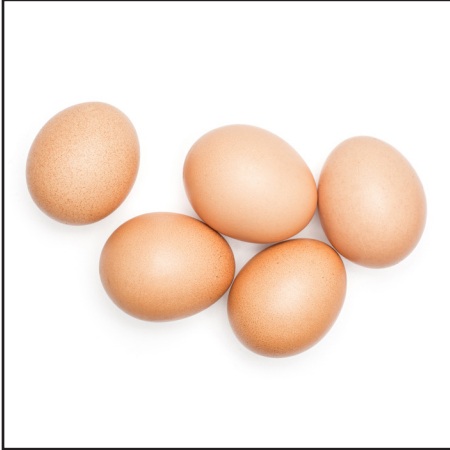
Carbohydrates are found in

_____.

LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 2

Name: _____

PROTEIN



Protein helps the body (gwro).

Protein is found in _____.

LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 3

Name: _____

FATS



Fats are a source of (destroy ygreen).

Fats are found in _____.

LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 4

Name: _____

FLUIDS

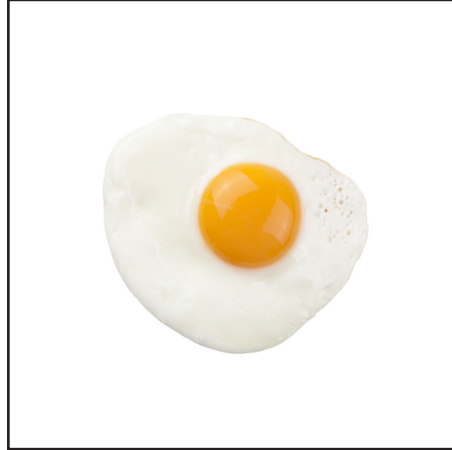


Everyone should drink (neo telir)
of water each day.

LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 5

Name: _____

VITAMINS & MINERALS



Vitamins and minerals supply us with
(mucilac).

Vitamins and minerals are found in

_____.

LESSON 2, ACTIVITY 1: NUTRIENT FACT SHEET 6

Name: _____

IRON



Iron is found in your (sebno) and (seumlsc).

Iron is found in

_____.

LESSON 2, ACTIVITY 1: NUTRIENT NOTE SHEET

Name: _____

Nutrient Hunt Note Taking

Carbohydrates provide the body with

_____ & _____.

Carbohydrates are found in _____.

Protein helps the body to _____.

Protein is found in _____.

Fats are a source of _____.

Fats are _____.

Everyone should drink _____ of water a day.

Vitamins & Minerals supply us with

_____, _____,

_____ & _____.

Iron is found in your _____ & _____.

Iron is found in _____.