

SIX ESSENTIAL NUTRIENTS

Name _____ Period ____ Assign # _____ Directions:
Complete each section as they are discussed in class. Keep this worksheet in your notebook.

REVIEW:

MyPyramid: Steps to a Healthier You



Nutrients found in each group

Grains:

Vegetables:

Fruits:

Milk:

Meat & Beans:

Fats, Oils, & Sugars:

PART I - CARBOHYDRATES

- A. TYPES - 1. _____ 2. _____
 a. _____ a. _____
 b. _____ b. _____
- B. INFORMATION—Function and Food Sources:

PART II - VITAMINS

- A. TYPES - 1. _____ 2. _____
 a. _____ a. _____
 b. _____ b. _____
 c. _____
 d. _____
- B. INFORMATION—Function and Food Sources:

PART III - MINERALS

- A. TYPES - 1. _____ 2.
a. a.
b. b.
c. c.
d. d.
e. e.
f. f.
- B. INFORMATION—Function and Food Sources:

PART IV - PROTEINS

- A. TYPES - 1. _____ 2.
a. a.
- B. INFORMATION—Function and Food Sources:

PART V - FATS

- A. TYPES - 1. _____ 2.
a. a.
b. b.
c. c.
- B. INFORMATION—Function and Food Sources:

PART VI - WATER

- A. TYPES
- B. INFORMATION—Function and Food Sources:

PART VII - FIBER

- A. TYPES - 1. _____ 2.
a. a.
b. b.
c. c.
- B. INFORMATION—Function and Food Sources: