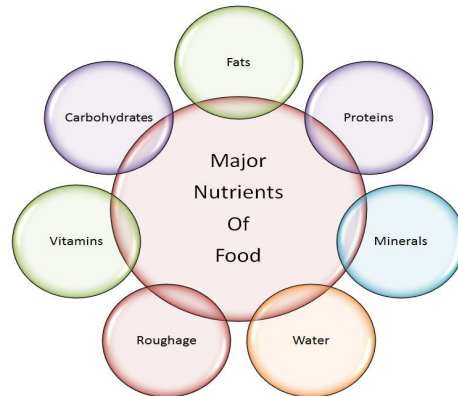




HEALTHY HINTS

Let's name 3 examples of foods for each of the 7 major nutrients!

- **Carbohydrates:** bread, pasta, rice
- **Proteins:** meat, eggs, beans
- **Fats:** butter, salad dressing, sour cream
- **Vitamins:** veggies, fruits, milk
- **Macrominerals:** milk, table salt, meat
- **Microminerals:** meat, leaves, fish
- **Water:** water, water, water!



This week we learned about: **MAJOR NUTRIENTS**

*A **nutrient** is a substance that provides nourishment essential for growth and the maintenance of life*

Nutrient	Function
Carbohydrates	Supply our bodies with energy
Proteins	Build and repair body tissues
Fats	Supply our bodies with concentrated energy
Vitamins	Compounds needed for growth and nutrition
Macrominerals	Minerals your body needs in large amounts
Microminerals	Minerals your body needs in small amounts
Water	A fluid that is essential for life



NEXT TIME (12/14/22):
Fruits and Veggies!