










# What Do Nutrients Do for Us?



Match the nutrient type with the reason why humans need it. One is done for you.

Nutrient Type	
Protein	
Carbohydrates	
Fats	
Vitamins	
Minerals	
Water	
Fibre	

Why We Need It
Keeps you healthy
Moves nutrients in the body Cleans waste
Helps you digest food
Keeps you healthy
Gives energy
Grows and repairs your body
Gives energy