

W/C Monday 22nd February

L.O: To understand that animals need the right types and amounts of nutrition

Complete the table by matching the nutrient type to the food and the reason why we need it.

Nutrient type	Food that provides the nutrient	Why we need it
Protein		
Carbohydrate		
Fats		
Vitamins		
Minerals		
Water		
Fibre		

Pictures and descriptions to cut and stick or copy



Keeps you healthy

Helps you digest food

Keeps you healthy

Gives energy

Helps the body grow and  
repair itself

Gives energy

Moves nutrients in the body