

Summary of What Our Food is Made Up of.

Fill in the blanks in the table. Group the nutrients as Carbohydrates, vitamins, and minerals.

Nutrient	Food Source	Function in the Body
Starch		
	Fruit, honey, sweets	Source of energy
Fibre		
		Insulation Source of energy
	Fish, cheese, nuts, beans, red meat	
Vitamin C		
Vitamin D		
	Liver, dark green veg	
Calcium		
Water		

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