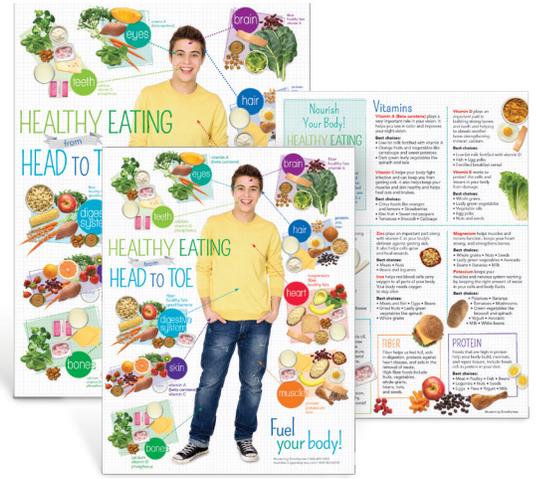


Name: _____

Teen Healthy Eating from Head to Toe Nutrient Review WORKSHEET



The food we eat benefits all parts of our bodies, from our head to our toes! Find out how the 6 major nutrients enable your body to perform necessary functions. Discover why choosing nutrient-rich foods helps keep it healthy, strong, and energized to do all the things you like to do. Research the groups of nutrients and fill out the chart below.

NUTRIENTS	WHAT DOES IT DO IN THE BODY?	FOUND IN THESE FOODS
Carbohydrates		
Protein		
Fat		

NUTRIENTS	WHAT DOES IT DO IN THE BODY?	FOUND IN THESE FOODS
Vitamins	<p>Vitamin C:</p> <p>B Vitamins:</p> <p>Vitamin A:</p> <p>Vitamin D:</p> <p>Vitamin E:</p>	<p>Vitamin C:</p> <p>B Vitamins:</p> <p>Vitamin A:</p> <p>Vitamin D:</p> <p>Vitamin E:</p>
Minerals	<p>Calcium:</p> <p>Phosphorus:</p> <p>Zinc:</p> <p>Iron:</p> <p>Magnesium:</p> <p>Potassium:</p>	<p>Calcium:</p> <p>Phosphorus:</p> <p>Zinc:</p> <p>Iron:</p> <p>Magnesium:</p> <p>Potassium:</p>
Water		



Teen Healthy Eating from Head to Toe Nutrient Review

ANSWER KEY



The food we eat benefits all parts of our bodies, from our head to our toes! Find out how the 6 major nutrients enable your body to perform necessary functions. Discover why choosing nutrient-rich foods helps keep it healthy, strong, and energized to do all the things you like to do. Research the groups of nutrients and fill out the chart below.

NUTRIENTS	WHAT DOES IT DO IN THE BODY?	FOUND IN THESE FOODS
Carbohydrates	Major source of energy for the body.	Fruits, milk, whole grains, potatoes, beans, and legumes
Protein	Builds and repairs body tissues.	Meat, poultry, fish, beans, legumes, nuts, peanut butter, dairy products
Fat	Supplies energy and transports nutrients. Provides storage and insulation in the body. Healthy fats help reduce cholesterol levels and lower blood pressure.	Oils, meat, poultry, butter, whole milk, fish, nuts

NUTRIENTS	WHAT DOES IT DO IN THE BODY?	FOUND IN THESE FOODS
Vitamins	<p>Vitamins help regulate chemical reactions in the body.</p> <p>Vitamin C: Wound healing, fights infection.</p> <p>B Vitamins: Releases energy from foods.</p> <p>Vitamin A: Maintains good eyesight.</p> <p>Vitamin D: Aids in calcium absorption which helps maintain strong bones and teeth.</p> <p>Vitamin E: Protects cells and body tissue from damage.</p>	<p>Vitamin C: Citrus fruits, kiwi, strawberries, red peppers, tomatoes, broccoli</p> <p>B Vitamins: Breads and grains</p> <p>Vitamin A: Orange fruits and vegetables, dark leafy green vegetables, fortified milk</p> <p>Vitamin D: Fortified milk, fish, egg yolks, fortified breakfast cereal</p> <p>Vitamin E: Whole grains, leafy green vegetables, vegetable oils, egg yolks, nuts and seeds</p>
Minerals	<p>Minerals help regulate cell activity.</p> <p>Calcium: Builds strong bones and teeth, helps maintain a regular heartbeat.</p> <p>Phosphorus: Helps form healthy teeth and bones, part of every cell in the body.</p> <p>Zinc: Wound healing, cell growth.</p> <p>Iron: Carries oxygen to all parts of the body.</p> <p>Magnesium: Muscle and nerve function, helps maintain a regular heartbeat, bone strength.</p> <p>Potassium: Fluid balance in muscles and nervous system.</p>	<p>Calcium: Milk, cheese, yogurt, canned fish with bones, leafy green vegetables, broccoli, calcium-fortified foods</p> <p>Phosphorus: Milk, cheese, yogurt, meats, fish</p> <p>Zinc: Meats, nuts, beans, legumes</p> <p>Iron: Meats, fish, eggs, beans, dried fruits, leafy green vegetables, whole grains</p> <p>Magnesium: Whole grains, nuts, seeds, leafy green vegetables, avocado, beans, bananas, milk</p> <p>Potassium: Potatoes, bananas, tomatoes, mushrooms, green vegetables, yogurt, avocado, milk, white beans</p>
Water	<p>Helps digest food.</p> <p>Carries nutrients from food throughout the body.</p> <p>Regulates body temperature through perspiration.</p>	<p>Water, milk, juice, fruits, vegetables, soup</p>