

Food Nutrients Homework

Use a range of sources of information (revision guides, books from the library, internet sites) to fill in the table below in as much detail as possible.



Nutrient Group	Foods with this nutrient in	What it is used for in the human body
Carbohydrate (Sugars)		
Carbohydrate (Starch)		
Protein		
Fat		
Fibre		
Vitamins		
Minerals		
Water		