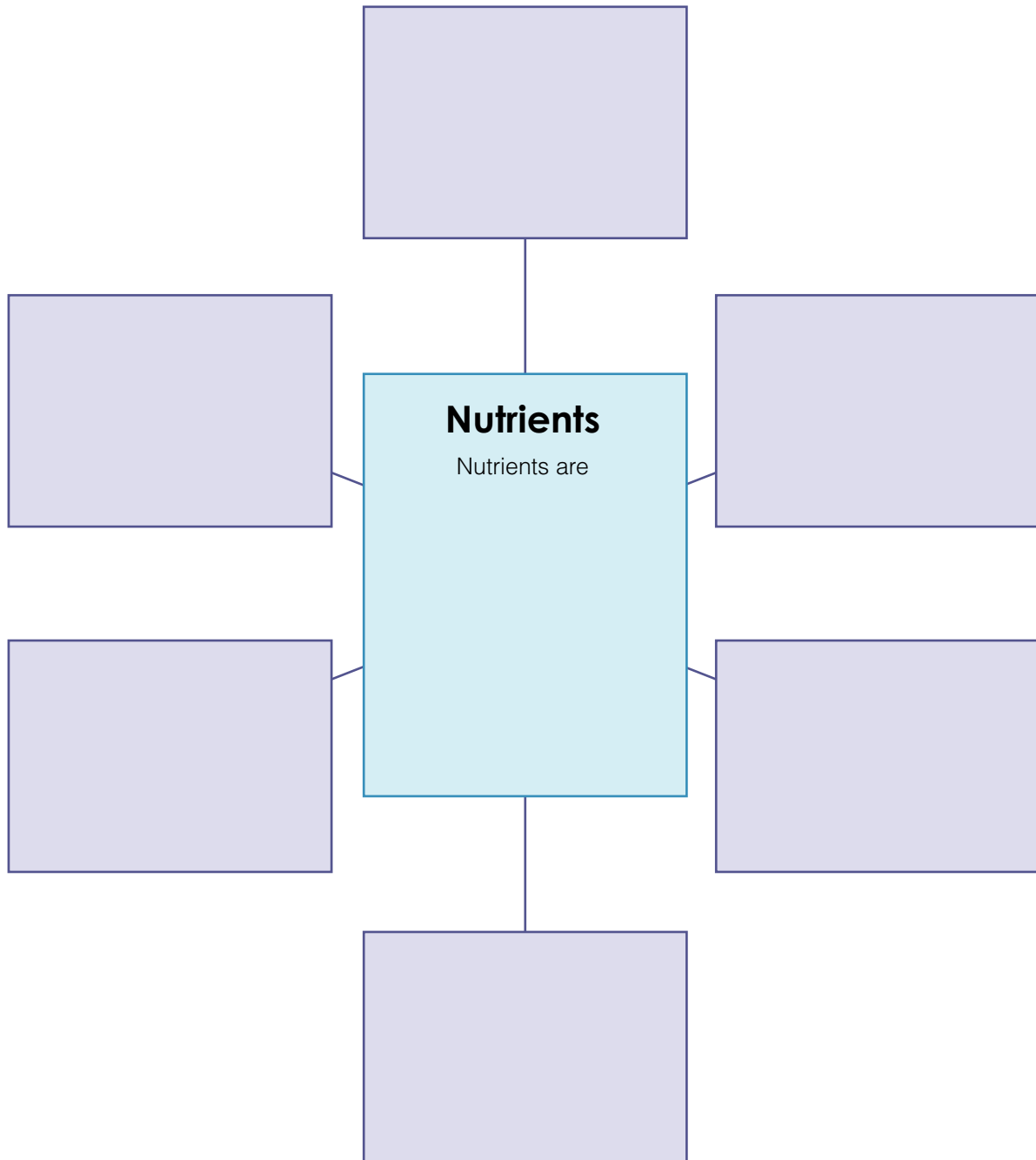


Nutrients and Your Health

1. Write the name of one nutrient in each box. Write down at least two notes in each box that will help you remember the nutrient and the foods that contain it.



Energy Nutrients and Foods

2. There are six categories of nutrients you need to be healthy. Describe the importance of each nutrient below and provide examples of foods for each category.

Nutrient	Importance	Foods
Carbohydrates		
Fats		
Proteins		
Vitamins		
Minerals		
Water		

Water and Other Beverages

3. You should drink _____ to _____ cups of water each day.
4. Water is important to health and well-being. What are the benefits of drinking water each day? Write one benefit in each of the following boxes.

Drinks High in Sugar and Analyzing Energy Drinks

5. Energy drinks and high-sugar drinks may be bad for your health. Identify the dangers of each type of drink in the following boxes.

High-sugar drinks	Energy drinks