

Centre of the Cell's 'Keeping Healthy' challenge



When learning all about how our bodies work, it's important to learn about how to take care of our bodies too.

Something we can do to take care of our bodies is eat a balanced diet, making sure we get all the nutrients we need. These include: **Carbohydrates, Protein, Fat, Fibre** and **Vitamins**.

Do you know which of the foods pictured above provide which nutrient?

Hint: One type of food can provide more than one nutrient

Let us know how your challenge goes on social media
@CentreoftheCell!

Match the nutrient with its job in the body

Carbohydrates

Protein

Fats

Fibre

Vitamins

Helps your body store energy

Helps your body with digestion

Provides your body with energy

Maintains general health

Helps your body repair itself

Draw a picture of your favourite meal

Try to include all 5 nutrients above.

