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: Helps your body store energy
Protein: Helps your body with digestion
Fats: Provides your body with energy
Fibre: Maintains general health
Vitamins: Helps your body repair itself

Draw a picture of your favourite meal
Try to include all 5 nutrients above.

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