

# The 6 Nutrients

1. List the six nutrients. \_\_\_\_\_  
\_\_\_\_\_

2. What are simple sugars? \_\_\_\_\_  
\_\_\_\_\_

3. What are complex carbohydrates? \_\_\_\_\_  
\_\_\_\_\_

4. Why is fiber important? \_\_\_\_\_

5. What do amino acids build? \_\_\_\_\_

6. What can happen if you eat too much saturated fat? \_\_\_\_\_  
\_\_\_\_\_

7. What are vitamins? \_\_\_\_\_

8. If a person cannot digest milk products, where can they get calcium? \_\_\_\_\_  
\_\_\_\_\_

9. What does the body use water for? \_\_\_\_\_  
\_\_\_\_\_

10. What happens if your body does not have the right amount of water? \_\_\_\_\_  
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