Nutrient Summary table

Copy and complete the following table.

Resources: Use your quizlet terminology, textbook

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

|  |  |  |  |
| --- | --- | --- | --- |
| Nutrient | Definition | Function in the body | Good food sources |
| Carbohydrate |  |  |  |
| Fat |  |  |  |
|  Protein |  |  |  |
| Calcium |  |  |  |
| Iron |  |  |  |
| Vitamin A |  |  |  |
| Vitamin B |  |  |  |
| Vitamin C |  |  |  |
| Sodium |  |  |  |
| Fibre |  |  |  |
| Water |  |  |  |