**Nutrients**

Complete the table below using research.

|  |  |  |
| --- | --- | --- |
| **Nutrient** | **Food sources** | **Main functions** |
| Macronutrients |
| Carbohydrate  | Free sugars |  |  |
| Starch |  |  |
| Protein |  |  |
| Fat | Saturated  |  |  |
| Unsaturated  |  |  |

|  |  |  |
| --- | --- | --- |
| **Nutrient** | **Food sources** | **Main functions** |
| Micronutrients - vitamins |
| Vitamin A |  |  |
| Vitamin D |  |  |
| The B Vitamins  |  |  |
| Vitamin C |  |  |
| Micronutrients - minerals |
| Calcium |  |  |
| Iron |  |  |
| Sodium |  |  |