

Name:

Class:

## Nutrient Scavenger Hunt

1. \_\_\_\_\_ are the MAIN source of energy for your body.
2. \_\_\_\_\_ are made up of amino acids. These are the building blocks your body needs for growth.
3. \_\_\_\_\_ are elements that help your body work properly.
4. \_\_\_\_\_ carries nutrients around the body, and cools you off.
5. \_\_\_\_\_ carbohydrates come from starchy foods that give you long-lasting energy.
6. \_\_\_\_\_ are another source of energy or stored energy.
7. \_\_\_\_\_ are substances that help regulate body functions.
8. \_\_\_\_\_ help to build, repair, and maintain body cells.
9. \_\_\_\_\_ carry/store certain vitamins in your bloodstream and help keep your skin healthy.
10. \_\_\_\_\_ help build strong bones and teeth.
11. You can NOT live without this nutrient \_\_\_\_\_.
12. Fluoride, Calcium, and Iron are examples of \_\_\_\_\_.
13. Meats, eggs, beans, and fish are great sources of \_\_\_\_\_.
14. \_\_\_\_\_ carbohydrates come from sugars.
15. Breads, rice, pasta, and potatoes are great sources of \_\_\_\_\_.