

Important Nutrients | Reading Comprehension

Passage with Questions

Important Nutrients

ANSWER KEY

Important Nutrients

1. True or False:

Proteins help build a strong body.

- A. True ☐
B. False ☐

2. True or False:

Carbohydrates are not important for the body.

- A. True ☐
B. False ☐

3. True or False:

Calcium is a mineral that helps build strong bones.

- A. True ☐
B. False ☐

4. True or False:

Fats should never be eaten.

- A. True ☐
B. False ☐

Important Nutrients

1. What is the main job of carbohydrates?

- a) Build muscles
b) Help us breathe
c) Provide energy
d) Strengthen bones

2. Which nutrient helps repair tissues?

- a) Water
b) Protein
c) Carbohydrates
d) Vitamin C

3. What type of fat is good for your body?

- a) Fried fat
b) Trans fat
c) Healthy fat from nuts and fish
d) All fats

4. Where can you find Vitamin D?

- a) From chocolate
b) From the sun and some foods
c) From salt
d) From sugary drinks

5. Why is water important for the body?

- a) It helps maintain weight.
b) It adds sugar to our blood.
c) It helps with digestion and keeps our bones strong.
d) It helps with digestion and keeps our bones strong.

Carbohydrates in our body?

Important Nutrients



Nutrients are substances in food that our bodies need to grow, stay healthy, and have energy. Without the right nutrients, our bodies wouldn't function properly. There are six main types of nutrients: carbohydrates, proteins, fats, vitamins, minerals, and water. Each one plays a special role in keeping us strong and healthy.

Carbohydrates give us energy. They are found in foods like bread, rice, pasta, and fruits. Our bodies turn carbohydrates into sugar, which fuels our muscles and brain. Proteins help build and repair tissues in our body. We need protein for our muscles, skin, and even our blood. Good sources of protein include meat, eggs, beans, and nuts.

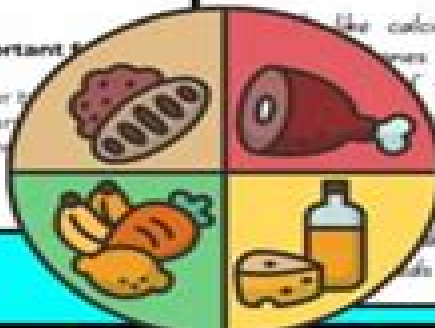
Fats also give us energy and help absorb some vitamins. Not all fats are bad—healthy fats, like those in avocados, nuts, and fish, are good for the body. But eating too much unhealthy fat, like in fried foods, can be harmful.

Vitamins are needed in small amounts, but they're very important. For example, Vitamin C helps your body heal cuts, and Vitamin D helps your bones grow strong. You can get vitamins from fruits, vegetables, and sunlight.

Minerals like calcium and iron help the body grow and stay healthy. Calcium strengthens bones and teeth, and iron helps carry oxygen in the blood.

Water is one of the most important nutrients. Every part of your body needs it. It helps with digestion, keeps your body temperature normal, and keeps your joints lubricated. We should drink plenty of water every day.

It's important to eat a balanced diet that includes all these nutrients. Eating different kinds of foods from each food group ensures your body gets what it needs to grow and stay active.



4 Nutrients Reading Guide

**Frances Sizer, Ellie Whitney, Jana R.
Kicklighter**



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