

# Important Nutrients | Reading Comprehension Passage with Questions

## 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 our body?

A. True  B. False

3. True or False: Calcium is a mineral?

A. True  B. False

4. True or False: Fats should never be eaten?

A. True  B. False

5. What is the main job of carbohydrates?

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

6. Which nutrient helps repair tissues?

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

7. 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

8. Where can you find Vitamin D?

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

ANSWER KEY

1. B. False

2. A. True

3. B. False

4. B. False

5. c) Provide energy

6. b) Protein

7. c) Healthy fat from nuts and fish

8. b) From the sun and some foods

## Important Nutrients

What nutrients help your 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, protein, 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. Protein helps 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.

Water is important for our body. It helps our body grow and stay healthy. It helps our body move, and it helps our body get rid of waste. It's important to drink water every day.

Calcium and iron help the body grow and stay healthy. Calcium helps our bones and teeth, and iron helps carry oxygen in the blood.

Protein is one of the most important nutrients. Every part of your body needs protein. It helps with digestion, keeps your body temperature normal, and helps your muscles move.

We should drink plenty of water every day.

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

The Teacher's  
SPACE

## 4 Nutrients Reading Guide

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

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**Audiovisual Guide to the Catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.),1977

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*Study Guide for Sizer and Whitney's Nutrition Concepts and Controversies* Frances Sizer, Ellie Whitney, Jana R. Kicklighter, 2005-05 The study guide provides students with a detailed review of chapter material reiterating chapter objectives and key concepts The guide challenges students with crossword puzzles and matching exercises reviewing glossary terms from the chapter and probing short answer and essay questions to test the students

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Important nutrition facts and principles presented in a comprehensive text on current nutrition concepts and controversies are emphasized in this accompanying study guide For each chapter the study guide includes an overview list of objectives outline and key terms with space for reading and lecture notes definitions and chapter review questions i e short answer matching multiple choice and answer key Chapter topics include 1 an overview of the human body 2 the problem of food choices 3 nutrient needs and nutrition surveys 4 energy balance overweight and underweight 5 food composition and safety and 6 measures for improving one s diet The following nutrients are examined in detail carbohydrates sugar starch fiber lipids proteins vitamins minerals and water Nutrient requirements throughout the life cycle i e pregnancy infancy childhood adolescence adulthood are also reviewed Supplementary topics include the role of doctors in nutrition the appropriateness of dietary guidelines nutrition and acne and nutrition and cancer Appendices list reliable and unreliable sources of nutrition information and present a series of self study exercises and accompanying forms for evaluating individual dietary and exercise habits aje [\*Clinical Companion Study Guide for Mosby's Dental Hygiene\*](#) Susan J. Daniel,Bonnie Francis,Sherry A.

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*Resources in Education*, 1980      **Illustrated Study Guide for the NCLEX-RN® Exam - E-Book** JoAnn Zerwekh, 2015-12-16

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