

# Activity 104

## Nutrition Essentials

**Directions:** Complete the concept map on nutrients. Use terms and phrases from your textbook.

### Your Daily Diet Should Include the Nutrients Essential for Good Health

\_\_\_\_\_ help the body build and repair and maintain tissues.

\_\_\_\_\_ regulates body functions and temperature and aids digestion.

\_\_\_\_\_ are a source of energy. They supply essential fatty acids for growth and healthy skin.

\_\_\_\_\_ provide the main source of energy and fiber. Starches are found in grains; sugars are found in fruit and milk.

#### VITAMINS

- \_\_\_\_\_ is found in dark green, leafy vegetables. It-keeps the skin healthy and helps eyes adjust to darkness.
- \_\_\_\_\_ is one of the B-complex vitamins. It helps keep eyes and skin healthy. This vitamin is found in dairy products.
- \_\_\_\_\_ keeps your gums healthy and helps you fight infection. Good sources are citrus fruits, berries, spinach, and broccoli.

#### MINERALS

- \_\_\_\_\_ builds bones and teeth and helps your muscles move and your heart beat. Include dairy products in your diet to-get enough of this nutrient.
- \_\_\_\_\_ is an essential component of blood. Women need about twice as much as men do.