



Food Groups

Match the nutrient to its use in the body.

Carbohydrates

Protein

Lipids (fats)

Minerals

Vitamins

Fibre

For growth and repair.

To provide roughage, to help to keep the food moving through the digestive system.

To provide energy.

A store of energy and for insulation.

Needed in small quantities to maintain health.



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Food Groups - **Answers**

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