

Name: _____

Class: _____

“You Are What You Eat!”

When you eat, you take in nutrients and make them available to build, repair and maintain your cells, tissues, organs and systems, as well as provide energy for daily activities.

1. Define nutrient.

2. List the nutrients that are mentioned in the article, *Choose Fruits and Vegetables*, in the chart below. Complete the chart, describing the importance of the listed nutrients for a healthy body and deciding how you will take in the required nutrients.

Nutrient	Importance of this nutrient to my body	Nutrient sources I regularly consume	Nutrient sources I don't regularly consume but might like to try	Action(s) I can take to include new nutrient sources in my diet