Chapter 10 - Lesson 2

Nutrients

-Giving Your Body What It Needs
Main Idea: Each of the six nutrients has a specific job or vital function to keep you healthy.

Your body uses nutrients in the following ways:
   As an energy source
   To heal, build, and repair tissue
   To sustain growth
   To transport oxygen to cells
   To regulate body functions

Six types of nutrients
Carbohydrates
Proteins
Fats
   Vitamins
   Minerals
   Water

-Nutrients That Provide Energy
Main Idea: Carbohydrates, proteins, & fats provide you body w/ energy and help maintain your body.

Carbohydrates- starches and sugars found in foods which provide your body’s main source of energy
   Simple carbs
      are sugars (fruit) & lactose (milk)
   Complex carbs
      are starches (bread) & root veggies (potatoes)
   Fiber carbs
      are tough complex carb that the body can’t digest (whole grains, nuts, seeds, & legumes)

Experts recommend 26 grams of fiber for girls & 38 grams for boys.

Proteins- nutrients the body uses to build and maintain its cells and tissues