

## 2.2 Nutrients

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Nutrients are substances the body requires for energy, growth, development, repair, or maintenance.

4 types of nutrients:

1. Carbohydrates.
  - body's quickest source of energy
  - ex. bread, rice...
2. Proteins
  - used to build parts of your body's muscles, skin, hair, and nails.
  - ex. fish, meat, eggs, nuts...
3. Fats
  - used to build cell membranes and can be stored for future energy.
  - ex. butter, oil, meat
4. Minerals and Vitamins
  - needed in small amounts to perform various body functions
  - ex. calcium, vitamin D...

H<sub>2</sub>O is not a nutrient but is necessary for life !!

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