Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ date \_\_\_\_\_\_\_\_\_\_\_\_\_ hour \_\_\_\_\_\_\_\_\_\_

NUTRIENT CHART

|  |  |  |  |
| --- | --- | --- | --- |
| **Types of nutrients** | **Macronutrient** **or Micronutrient?** | **List at least 4 food sources for this nutrient** | **Functions in the body** |
| Carbohydrates |  |  |  |
| Fats |  |  |  |
| Proteins |  |  |  |
| Vitamins |  |  |  |
| Minerals |  |  |  |
| Water |  |  |  |