**Six Essential Nutrients**

1. List the six essential nutrients
2. Give some examples of simple and complex carbohydrates.
   * simple –
   * complex –
3. Why do our bodies need protein?
4. What foods are good sources of protein?
5. Why do we need fats in our diet?
6. Why do you need each vitamin and what foods are good sources of each?
   * Vitamin A –
   * Vitamin C –
   * Vitamin K –
7. What do the following minerals do for you and what foods can you find them in?
   * Calcium –
   * Potassium –
   * Iron –
8. How much water do you need a day?