**Nutrients**

Complete the table below.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Nutrient** | | | **Food sources** | **Main functions** | **Notes** |
| Macronutrients | | | | | |
| Carbohydrate | | Sugars |  |  |  |
| Starch |  |  |  |
| Protein | | |  |  |  |
| Fat | Saturated | |  |  |  |
| Unsaturated | |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Nutrient** | **Food sources** | **Main functions** | **Notes** |
| Micronutrients - vitamins | | | |
| Vitamin A |  |  |  |
| Vitamin D |  |  |  |
| The B Vitamins |  |  |  |
| Vitamin C |  |  |  |
| Micronutrients - minerals | | | |
| Calcium |  |  |  |
| Iron |  |  |  |
| Sodium |  |  |  |