

WHY DO WE NEED NUTRIENTS?



Vitamin C
is good for our skin



Vitamin A
is good for our eyesight



Protein
is needed for growth and repair




Iron
keeps our blood healthy



Carbohydrate
gives us energy



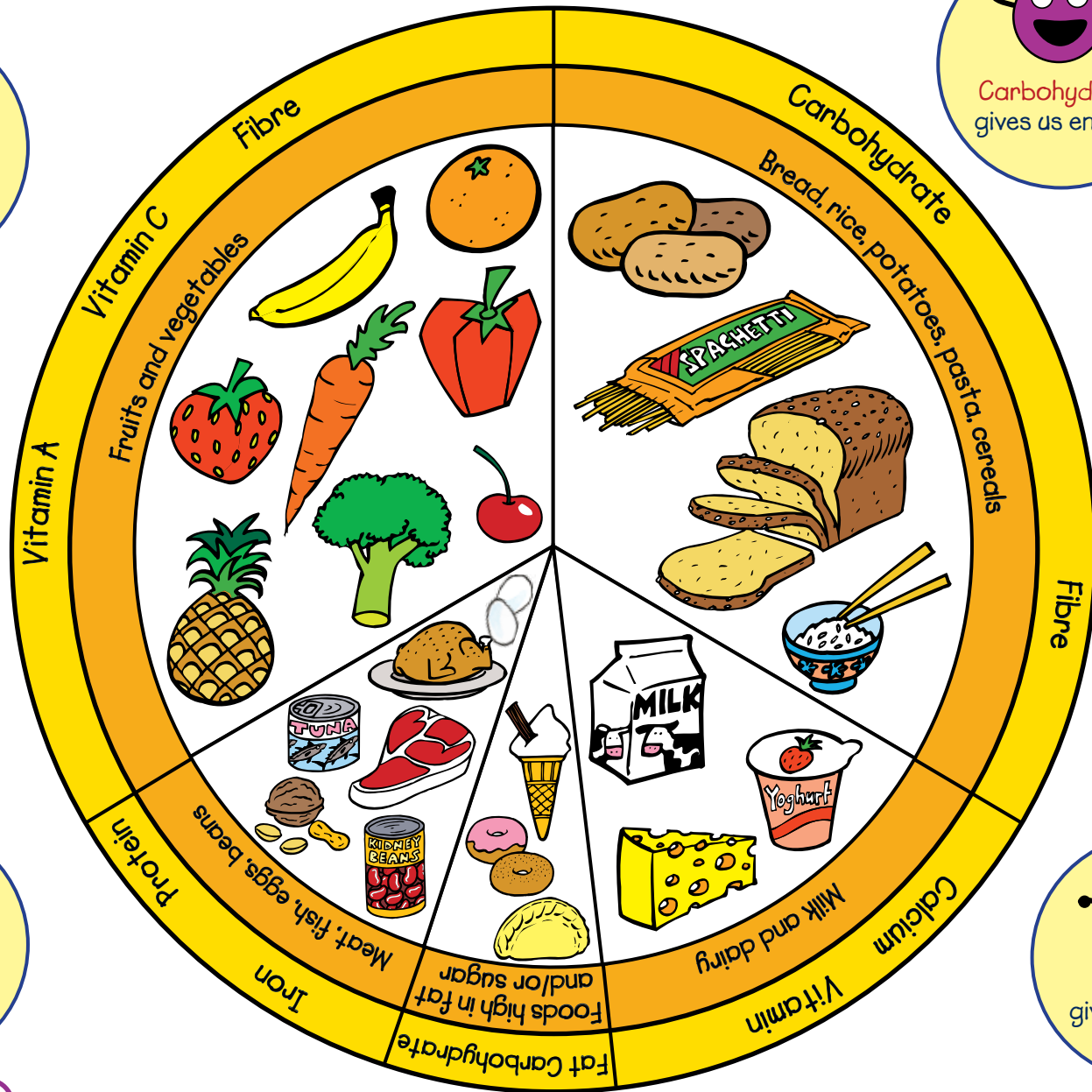
Fibre
helps us go to the toilet regularly



Calcium
helps us to have strong bones



Fat
gives us energy



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