

Name: \_\_\_\_\_

# Kids Healthy Eating from Head to Toe Nutrient Review WORKSHEET



Choose the best foods that will fuel your body to live, learn, and play! The best foods are those that are filled with nutrients that help keep your body healthy and strong. What are the nutrients that help build a healthy body? Draw a line to connect the nutrient with the benefit it gives your body.

**Fiber**

Helps digest food, carries nutrients throughout your body, and regulates body temperature.

**Calcium**

Helps digest your food, keeps your intestines healthy, and helps to prevent you from getting sick.

**Vitamin C**

Keeps your muscles and nervous system working by maintaining the right amount of water in your cells and body fluids.

**Protein**

Helps heal cuts and bruises.

**Potassium**

Helps build strong teeth and bones.

**Water**

Helps red blood cells carry oxygen to all parts of your body.

**Vitamin A**

Helps you feel full and helps to remove waste from the body.

**Iron**

Helps your eyesight.

**Good Bacteria**

Helps your body build, maintain, and repair tissues.



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## ANSWER KEY



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