







Student Worksheet

Can you match the nutrient with what it is used for?
Write your answers in the space below.

Name

Nutrient	What is it used for?	
	Important for strong teeth and bones	
	These are really important for brain development	
	This is needed to help make new blood cells	
	Really important for healthy eyes and skin	
	These help to convert food to energy	
	Helps absorb calcium into bones	
	Helps build healthy cells and muscles	