

1. From the list of words at the bottom, place the word that best fits in the corresponding nutrient category;

Carbohydrate	Fat	Protein	Mineral	Vitamin	Water

Amino Acid

B₁₂

Calcium

Complete

Iron

Potassium

Enzymes

Fat Soluble

Glucose

Cholesterol

Essential (8)

Magnesium

Phosphorous

Hormones

Incomplete

Saturated

Unsaturated

Water Soluble

Structural

Sugars

Sodium

Fructose

Lactose

Sucrose

Cellulose

Fatty acids

Coenzyme

A

B₁

B₂

B₃

C

D

E

K

Starch

Glycogen

Non Essential

Iodine

2. List the functions of water.