Department Education, S. Province/W Department of Education, Sabaraga	Province/ Weekly School Department of Education Sabarasamuwa Province Provincial Department Of Education – Sabaragamuwa WEEKLY SCHOOL	Weekly School Department of nt of Education, Sabaragamuwa nuwa Province/ Weekly School Weekly School Department of
Pr Subject : Science	Weekly School Department of Education, Sabaragamuwa Province/Weekly School Department	amuwa Province/ Weekly School e/ Weekly School Department of
Pr Grade 7	of Education Sabaragamunya Province/Weekly School Department of Education S	eek: 08 th of 3 rd Term

$Unit\ 17-Nutrients\ in\ Food(1)$

Food	and	nutrients
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0	There	are five	main nutr	rients in	the food	we eat.	They a	re,
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Fill in the tables below.

nutrients	Functions	Sources
1. Carbohydrates		
2. Proteins		
3. Lipids		
4. Vitamins		
5. Minerals		

Vitamin	Sources
A	
В	
С	
D	
Е	
K	

Vitamin	Functions
A	
В	
С	
D	
Е	
K	