Health Bell Work Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nutrients are classified into six groups. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-- sugars and starches—are the body’s preferred source of energy. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is an indigestible carbohydrate that helps move waste through the digestive system.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_provide the body with energy, help build and maintain body cells and tissues, and produce enzymes that control chemical reactions in the cells.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ provide energy and are essential to various health functions. However, eating too much fat is unhealthful. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, a waxy substance produced by the body and found in the blood, helps the body produce cell membranes, nerve tissue, and hormones. Excess cholesterol in the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_increases the risk of heart disease. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and minerals help regulate important body processes. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is vital to every body function.

**Vitamins Water carbohydrates proteins**

**Fats fiber cholesterol blood**

Health Bell Work Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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