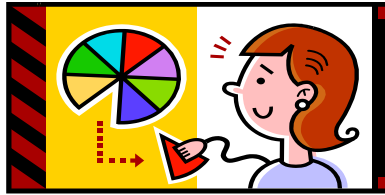


## Six Classes of Nutrients



Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

Complete each section as they are discussed in class.

### 1. CARBOHYDRATES

Types	1.	2.
Sub-Types	A.	A. B.
Functions:		
Food Sources:		

### 2. FATS

Types	1.	2.
Sub-Types	A. B. C.	A. B.
Functions:		
Food Sources:		

### 3. PROTEIN

Types	1.	2.
Sub-Types	A.	A.
Functions:		
Food Sources:		

#### 4. VITAMINS

Types	1.	2.	
Sub-Types	A. B. C. D.	A. B. C. D.	E. F. G.
Functions:			
Food Sources:			

#### 5. MINERALS

Types	1.	2.	
Sub-Types	A. B. C. D.	A. B. C. D.	E. F.
Functions:			
Food Sources:			

#### 6. WATER

Types: N/A
Functions:
Food Sources: