# **Nutrients In A Strawberry**

# **JS Bruner**

**Lesson 1 - Nutrients in Action - UC Davis** In this mini-lecture, participants will learn more about how different foods provide different nutrients, the importance of variety in the diet, and how different nutrients perform different functions in the body. **Nutrients Reviewed By: Danielle Krueger, MPH, RD, LD** ... evelopment, and function. Vitamins are organic substances which are made by plants and animals; they are then eaten by humans. There are 13 known vitamins: A,C,D,E,K, and the B vitamins (th. in (B1), riboflavin (B2), niacin (B3), pantothenic acid. NUTRITION WORKSHEETS - Cal Ripken Sr. Foundation LESSON 3, ACTIVITY 1: PORTION SIZE WORKSHEET DAIRY & MILK (Eat about 3 cups a day) One serving or one cup of dairy = two dominos or four dice or non-fat options are available. These lower fat dairy products provide important nutrients such as calcium without the negatives Here are some more examples of one serving of dairy: Key Nutrients and Your Health The Nutrition Facts label found on packaged foods and beverages can help you monitor nutrients you want to get more of and those you want to get less of, which can help you reduce your risk of... 6 Essential Nutrients -Erie City School District 6 Essential Nutrients Learning Target I will be able to identify the 6 essential nutrients the human body needs Six Nutrients - Colorado State University Vitamins er nutrients. Each vitamin has a special job, like keeping our eyes healthy, building strong bones, giving us healthy skin and shiny hair, protecting us from getting sick, and helping to heal cut NUTRIENTS CLASSIFICATION NUTRIENTS CLASSIFICATION How many nutrients are there in our food? More than forty different nutrients can be found in a well-balanced diet, and these nutrients can generally be divided into seven categories: • Carbohydrates • Proteins • Fats

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