**Nutrient functions**

Complete the gaps in the table.

|  |  |  |
| --- | --- | --- |
| **Nutrient** | **Functions** | **What food provides this nutrient?** |
| Carbohydrate |   |   |
| Protein |   |   |
| Fat |   |   |
| Vitamins and minerals |   |   |
| Fibre |   |   |

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