

Name: _____

Date: _____

My "Other Nutrients"

A nutrient is substance that gives us nourishment that is needed for growth and life. We get nutrients from the things we eat and drink. But there is more to being alive than just food and drink! Let's think about the other things that give us our "other nutrients" – the things that give us joy and happiness and the things that make us grow in other ways too!

About Me Facts	
<input type="text"/>	servings per <input type="text"/>
Serving size	<input type="text"/>
<hr/>	
<input type="text"/>	
<hr/>	
% Daily Value*	
<hr/>	
QUICK FACTS:	
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
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AVOID TOO MUCH:	
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
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GET ENOUGH:	
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
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