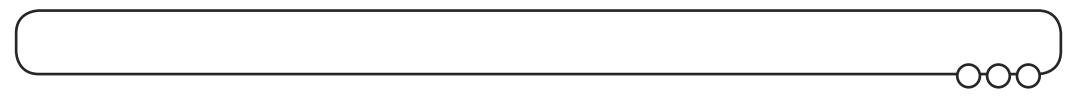
## **Food Packet Nutrients**



Read a food packet and complete the following table with the nutrients it contains.

Food	Carbohydrates	Protein	Fats			24:	Mata	
			Saturated	Unsaturated	Vitamins	Minerals	Water	Fibre



