

Unit 10 – Nutrition for Health

P2 - Describe the functions of nutrients.

Create an information poster about the following nutrients:

- Carbohydrates
- Proteins
- Lipids

(Use an A4 page for each nutrient)

- **What are their roles?**
- **Where are they found?**
- **Why are they important?**
- **What do they provide?**
- **What are the effects of having a deficiency of these nutrients?**

(Write in full sentences and do not use bullet points)

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