

Name _____

Nutrient Trackers Answer Key

1. Calcium matches with C
2. Protein matches with A
3. Fiber matches with B
4. Vitamin D matches with D
5. Potassium matches with E
6. Calcium, because it is 25 percent Daily Value which is a high amount.
7. Protein, because it helps muscles recover and this yogurt has 6 g.
8. Yes, because it contains fiber which supports digestion.
9. Calcium has the highest percent Daily Value at 25 percent.
10. Answers may vary, but must correctly reference a benefit such as protein for energy, calcium for bones, or fiber for digestion.

Teacher's Guide

- Use this worksheet with Grades 3-5 to connect **nutrients to real body functions**.
- Review each nutrient job aloud before students begin matching.
- For differentiation, allow students to draw a simple line to match instead of writing letters.
- For engagement, turn the matching section into a partner race where teams correctly match nutrients first.
- For extension, have students design a snack label and write three nutrient match questions for classmates.
- Reinforce how **nutrition labels support smart daily food choices** for energy, growth, and health.