

Vocabulary

- **Nutrient:** a substance that plants, animals, and people need to live and grow
- **Macronutrient:** a chemical element or substance (such as potassium or protein) that is essential in relatively large amounts to the growth and health of a living organism
- **Micronutrient:** a chemical element or substance (such as calcium or vitamin C) that is essential in minute amounts to the growth and health of a living organism
- **Vitamin:** a natural substance that is usually found in foods and that helps your body to be healthy such as vitamin C and vitamin D