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