**Key terms from 4.1 Nutrients (B4)**

**Nutrition**

Taking in of nutrients which are organic substances and mineral ions, containing raw materials or energy for growth and tissue repair, absorbing and assimilating them.

**Carbohydrates**

**Lipids (Fats and oils)**

**Proteins**

**Vitamins (C and D only)**

**Mineral salts (calcium and iron only)**

**Fibre (roughage)**

**Iodine solution**

**Benedict’s solution**

**Biuret solution**

**Fats test (ethanol)**