

# The Nutrient Village

# Poster 2



**Proteins**  
Are the building blocks of life



**Minerals**  
Join the parts of the body together



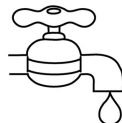
**Carbohydrates**  
Provide fuel for energy



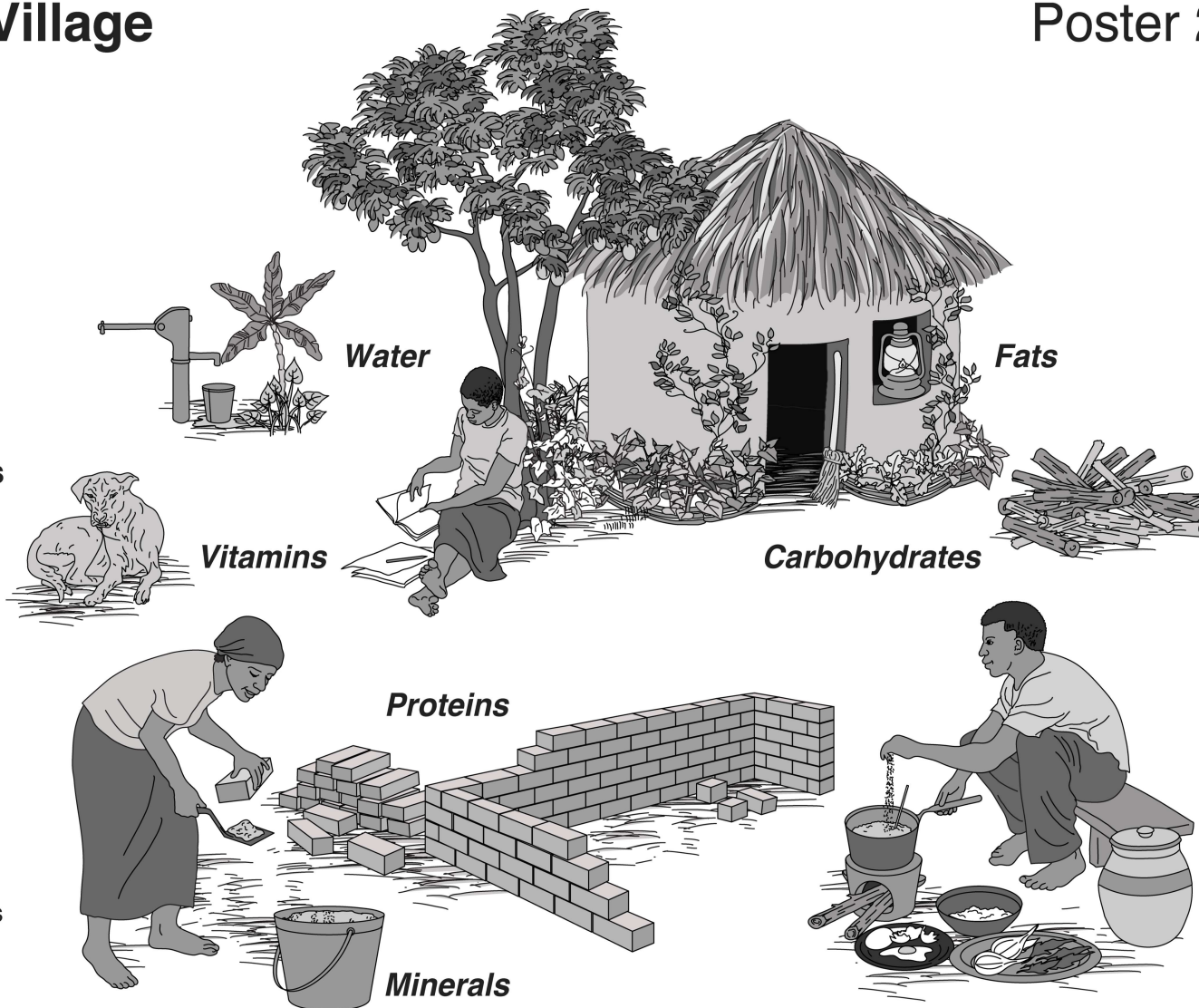
**Fats**  
Provide fuel for energy



**Vitamins**  
Give protection from illness



**Water**  
Washes and cleans the body inside and out



*Sustainable Nutrition Manual by Stacia Nordin, editing & illustrations by Sarah Beare  
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