

Name \_\_\_\_\_

### Nutrition Web Quest #2

Look online to fill in the chart.

Not enough of a nutrient is called a **Deficiency**

Too much of a nutrient is called an **Excess**

<b>Nutrient</b>	<b>What happens if you have a deficiency of...</b>	<b>What happens if you have an excess of...</b>
Vitamin A		
Vitamin C		
Calcium		
Iron		
Fiber		
Fats		

Sodium		
Protein		
Carbohydrate		