2. The nutrients that can provide calories for the body are fats.

3. The four categories of essential nutrients are Essential Fatty Acids, Essential Amino Acids, Vitamins and minerals.

4. Vitamins are a nutrient that are vital for your body and health. Their function depends on the type. There are 13 essential vitamins like for example Vitamin K's function is to blood clot. Some vegetables you can find in it are green vegetables.