

TOPIC: MACRONUTRIENTS

Carbohydrates, Lipids, & Protein


◆ There are ____ classes of macronutrients.

Carbohydrates

Composition: ____, ____, ____

◆ Chains of ____ sugars.

Digestion
↳ simple ____



Use: main source of cellular energy.

Found in: ____

◆ Whole grains, ____, & vegetables.


Lipids (____)

Composition: ____, ____, ____

◆ Chains of carbon and ____.

◆ ____ soluble in water

Digestion
↳ fatty ____



Use: energy: ____-intensity exercise & long-term storage.

Found in:

◆ Fats(____): animal fat, butter.

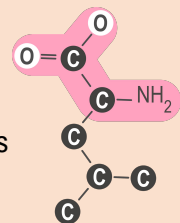
◆ Oils(____): vegetable oils.

Proteins

Composition: C, H, O, ____ (S)

◆ Chains of ____ acids.

Digestion
↳ ____ acids



Use: protein ____ blocks & energy.

Found in:

◆ Meats & ____.

◆ Seeds, ____, legumes.

EXAMPLE

Match each statement to the macronutrient it describes. Some statements may be used more than once.

Carbohydrates	
Fats	
Proteins	

- A. Building blocks for new proteins.
- B. Found in meat.
- C. Used for long-term energy storage in the body.
- D. Made of carbon, hydrogen, and oxygen only.
- E. Broken down into simple sugars during digestion.
- F. Contains nitrogen.
- G. Found in whole grains, fruits, & vegetables.

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PRACTICE

True or False: if false, choose the answer that best corrects the statement.

All macronutrients can be used as energy sources in the body.

- a) True.
- b) False, only carbohydrates provide energy for the body.
- c) False, only carbohydrates and lipids provide energy; protein is broken down and used to produce new protein.
- d) False, water is a macronutrient, and it is not used for energy.

PRACTICE

Which description of a macronutrient is correct?

- a) Carbohydrates are composed of long carbon chains, making them insoluble in water.
- b) Fats are the only inorganic macronutrient.
- c) Proteins are broken down into individual amino acids before being absorbed by the body.
- d) Unlike fats and proteins, carbohydrates contain nitrogen, along with carbon, hydrogen, and oxygen.