







# Nutrients: Proteins and carbohydrates

1. Which nutrient predominates? Write **protein** or **carbohydrate**.

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2. Choose the best alternative to complete the summary.

Proteins are found in \_\_\_\_\_ and milk. They have a \_\_\_\_\_ and constructor functions. Cells use the proteins to \_\_\_\_\_ more cells.

Proteins also \_\_\_\_\_ substances.

Carbohydrates examples are \_\_\_\_\_ and \_\_\_\_\_. They have an \_\_\_\_\_ function and are the fuel of cells.

When a person eats too much carbohydrates, the body save them as \_\_\_\_\_, which commonly makes the person to gain weight.