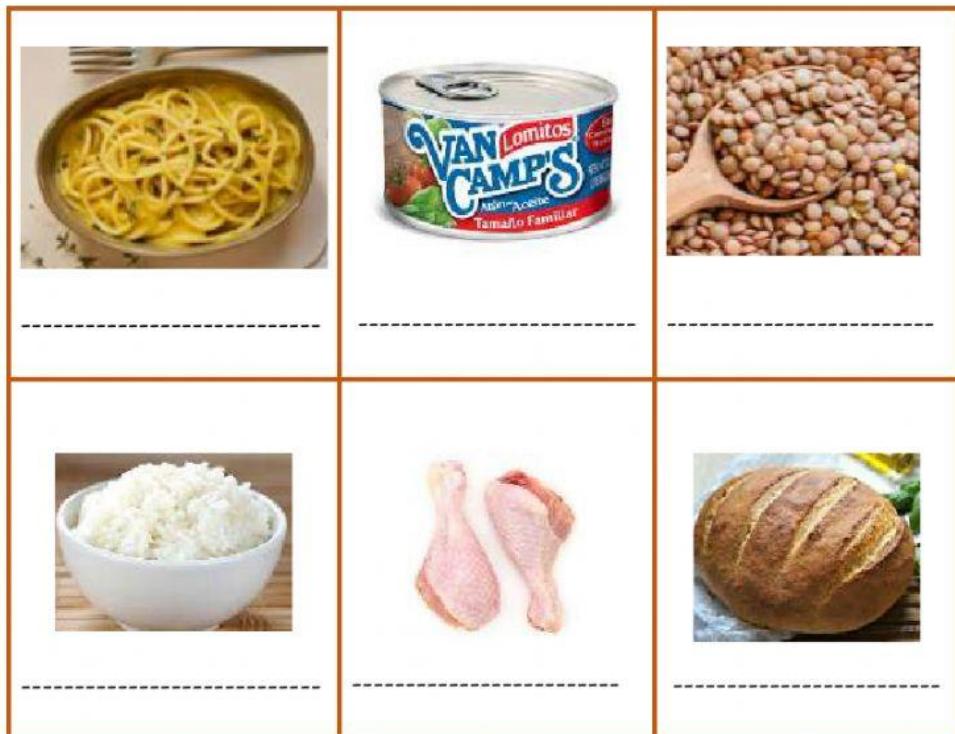


Nutrients: Proteins and carbohydrates

1. Which nutrient predominates? Write protein or carbohydrate.



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.