

What are the macronutrients?

Name:

Date:

Select
the
correct
answer
here

Select the correct answer

Q1 Which nutrients are known as macronutrients?	a) iron, calcium, zinc b) vitamins A, B, C and D c) carbohydrate, protein and fat
Q2 What is one of the main functions of fat?	a) keep food moist b) a carrier of water soluble vitamins c) concentrated source of energy
Q3 What are the two main types of carbohydrate?	a) starch and sugar b) alcohol and starch c) fat and starch
Q4 What is the main function of carbohydrate?	a) to protect the body from disease b) to supply vitamin C c) to supply the body with a source of glucose
Q5 What are the main functions of protein?	a) energy b) growth and repair of the body c) fighting infections

Teacher / Naglaa Refaat

