

Click C if the food is a source of Carbohydrates and F if it is a source of Fats.

- \_\_\_\_\_ 1) potatoes
- \_\_\_\_\_ 2) avocado
- \_\_\_\_\_ 3) pasta
- \_\_\_\_\_ 4) brown rice
- \_\_\_\_\_ 5) dark chocolates
- \_\_\_\_\_ 6) eggs
- \_\_\_\_\_ 7) nuts
- \_\_\_\_\_ 8) beans
- \_\_\_\_\_ 9) cereals
- \_\_\_\_\_ 10) corn
- \_\_\_\_\_ 11) olive oil
- \_\_\_\_\_ 12) cheese

13-15) What is Carbohydrates?