

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_

**MACRONUTRIENTS**

**SUMMARY TABLE ON THE MACRONUTRIENTS**

Place the words in the word bank in the correct boxes to complete the table below.

Bread	Fruits	Potato	Amino acids
Meat	Glucose	Fatty acids and glycerol	Eggs
Dry skin	Butter	Kwashiorkor	Vegetables
Candies	Marasmus	Rice	Oil

NUTRIENT	SUBUNITS	SOURCES	DEFICIENCY DISEASE
<b>Carbohydrate (simple sugars)</b>			Marasmus
<b>Carbohydrate (starch; polysaccharide)</b>	Glucose		
<b>Protein</b>			
<b>Fats (Lipids)</b>			

2. Type the correct words from the word bank to complete the sentences.

**diet   energy   fats   fibre   minerals**  
**nutrients   raw   repair   water**

What we eat is known as our \_\_\_\_\_. Our food provides a source of \_\_\_\_\_ materials to make new substances.

These new substances are used for:

- \_\_\_\_\_ (to help us to move, etc.)
- growth and \_\_\_\_\_
- health.

Carbohydrates, proteins, \_\_\_\_\_, vitamins and \_\_\_\_\_ are all \_\_\_\_\_ which means that they provide raw materials.

We also need to eat \_\_\_\_\_ and drink \_\_\_\_\_.