

Name: _____ Grade: _____ Date: _____

Macronutrients Worksheet

Directions: Read each question carefully and answer all questions.

1. Differentiate the term macronutrient and micronutrients. (2 points)

2. List the macronutrients. (1 point)

3. State two (2) functions **AND** two (2) sources of proteins. (3 points)

4. State two (2) functions **AND** two (2) sources of carbohydrates (3 points)

5. State two (2) functions **AND** two (2) sources of fats. (3 points)
