Nutrients: Proteins and carbohydrates

1. Which nutrient predominates? Write **protein** or **carbohydrate**.

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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.

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