

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
Carbohydrate (simple sugars)			Marasmus
Carbohydrate (starch; polysaccharide)	Glucose		
Protein			
Fats (Lipids)			

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 _____.