

TOPIC: MACRONUTRIENTS

Carbohydrates, Lipids, & Protein

◆ There are ___ classes of macronutrients.

Carbohydrates

Composition: ___, ___, ___

◆ Chains of ___ sugars.

Digestion

 simple ___

Use: main source of cellular energy.

Found in: _____

◆ Whole grains, ___, & vegetables.

Lipids (___)

Composition: ___, ___, ___

◆ Chains of carbon and _____.
 ◆ ___ soluble in water

Digestion

 fatty ___

Use: energy: ___-intensity exercise & long-term storage.

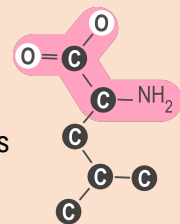
Found in:

◆ Fats(___): animal fat, butter.
 ◆ Oils(___): vegetable oils.

Proteins

Composition: C, H, O, ___ (S)

◆ Chains of ___ acids.

Digestion

 ___ acids

Use: protein ___ blocks & energy.

Found in:

◆ Meats & _____.
 ◆ Seeds, ___, legumes.

EXAMPLE

Match each statement to the macronutrient it describes. Some statements may be used more than once.

Carbohydrates	
Fats	
Proteins	

- A. Building blocks for new proteins.
- B. Found in meat.
- C. Used for long-term energy storage in the body.
- D. Made of carbon, hydrogen, and oxygen only.
- E. Broken down into simple sugars during digestion.
- F. Contains nitrogen.
- G. Found in whole grains, fruits, & vegetables.

TOPIC: MACRONUTRIENTS

PRACTICE

True or False: if false, choose the answer that best corrects the statement.

All macronutrients can be used as energy sources in the body.

- a) True.
- b) False, only carbohydrates provide energy for the body.
- c) False, only carbohydrates and lipids provide energy; protein is broken down and used to produce new protein.
- d) False, water is a macronutrient, and it is not used for energy.

PRACTICE

Which description of a macronutrient is correct?

- a) Carbohydrates are composed of long carbon chains, making them insoluble in water.
- b) Fats are the only inorganic macronutrient.
- c) Proteins are broken down into individual amino acids before being absorbed by the body.
- d) Unlike fats and proteins, carbohydrates contain nitrogen, along with carbon, hydrogen, and oxygen.