

Name _____

The Big Secret of Macronutrients: The Superheroes in Our Food!

Multiple Choice Questions

1. What are macronutrients?
 - a) Tiny nutrients in our food
 - b) Nutrients our bodies need in large amounts
 - c) Nutrients found only in vegetables
 - d) Nutrients that give flavor to food

2. Which macronutrient gives us energy?
 - a) Proteins
 - b) Fats
 - c) Carbohydrates
 - d) Vitamins

3. What do proteins do for our bodies?
 - a) Give us energy
 - b) Help us grow and repair muscles
 - c) Protect our organs
 - d) Make our food taste better

4. Where can you find healthy fats?
 - a) Avocados and nuts
 - b) Fried foods
 - c) Sugary snacks
 - d) White bread and pasta

5. Why is it important to understand macronutrients?
 - a) So we can eat more junk food
 - b) To confuse our friends with big words
 - c) Because macronutrients are boring
 - d) To make smart choices about what to eat

