Name _____

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

Short Answer

1. What are the three main types of macronutrients?

2. Give an example of a food that contains carbohydrates.

3. What do proteins do for our bodies?

4. Name one food that contains healthy fats.

5. Why is it important to eat a variety of protein sources?

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