

Name _____

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

Open-Ended Response Questions

1. Can you explain what carbohydrates do for our bodies?
2. Why should we eat healthy fats instead of unhealthy fats?
3. How can knowing about macronutrients help us make better food choices?
4. What are some examples of foods that contain proteins other than meat?

