

Name _____

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

Short Answer Key

1. Carbohydrates, proteins, fats
2. Bread, pasta, rice, fruits
3. Help us grow, repair muscles, and keep immune system strong
4. Avocados, nuts, seeds, olive oil
5. To ensure we get all the different building blocks our bodies need.

