

Name _____

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

Open-Ended Response Answer Key

1. Carbohydrates give us energy and fuel for our bodies to run, play, and think.
2. Healthy fats protect our organs, help our cells work properly, and provide a backup source of energy, while unhealthy fats can lead to health problems like heart disease.
3. Knowing about macronutrients can help us make better food choices by understanding which foods give us the energy and nutrients we need to stay healthy and strong.
4. Beans, nuts, eggs, dairy products.

