Name

Macronutrients Webquest

Resource: [*Macronutrients: the Importance of Carbohydrate, Protein, and Fat*](http://clccharter.org/andrea/FCS/nutrition/quest/macronutrients.pdf)

Macronutrients provide \_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_. Nutrients are needed for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

Name the 3 macronutrients and the amount of calories each one provides.

|  |  |
| --- | --- |
| 1. | calories per gram |
| 2. | calories per gram |
| 3. | calories per gram |

Although alcohol provides calories it is not a macronutrient because \_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**Carbohydrates**

What percentage of our daily calories should come from carbohydrates? \_\_\_\_\_\_\_\_\_\_\_

Why do we need this amount of carbohydrates?

Explain fiber.

**Protein**

What percentage of our daily calories should come from protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_

How do most Americans meet this requirement? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Why do we need protein?

What foods contain protein?

What does the body do with protein? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fat**

What percentage of our daily calories should come from fat? \_\_\_\_\_\_\_\_\_\_\_

Why do we need this amount of fat?

What foods contain fat?

|  |  |
| --- | --- |
| Type of Fat | Food where this type of fat is found |
| 1. |  |
| 2. |  |
| 3. |  |

What types of fats have been shown to increase your risk of heart disease? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What type of fat has been shown to decrease the risk of developing heart disease?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Besides macronutrients and micronutrients, what else does our body need for survival?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_