

Fats - Station #1

List some foods you eat under each category: (use food list)

Fat Soluble-Vitamins A,E,K, &D

Water Soluble - Vitamins B complex, & C

- 1.
- 2.
- 3.

- 1.
- 2.
- 3.

List a fact of Fat “ In the Body” you didn’t know. _____

List a fact of “Fats in Food” you didn’t know _____

Describe a water soluble vitamin. _____

The function of vitamin _____ is _____

Describe a fat soluble vitamin? _____

The function of vitamin _____ is _____

Fats - Station #2

What percentage of calories in your daily diet should come from fat? _____%

List a saturated fat 1. _____ List an unsaturated fat 2. _____

What is the difference between saturated and unsaturated fat? _____

What is hydrogenated oil and why is it so bad for you? _____

Protein - Station #1

What percentage of calories of your daily diet should come from protein? _____%.

List 2 functions of protein you didn’t know 1. _____ 2. _____

What is the best protein for the body? _____ Second best? _____

Protein is the first second last (circle one) source for energy used by the body.

Cooking or stomach acid break down protein into amino acids. This is called _____

Carbohydrate -Station #1

List the monosaccharides? 1. _____ 2. _____ 3. _____

List some simple carbohydrates in your diet. 1. _____ 2. _____

List some complex carbohydrates in your diet. 1. _____ 2. _____

What sugar is used most by the body for energy? _____

What percentage of calories of your daily diet should come from carbohydrates? _____%

Why are complex carbohydrates the body’s preferred fuel? _____

Exit question - I discovered.....but would like to find out more about.....