

### 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.

1.

2.

2.

3.

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?

3. Explain how hydroponic culture is used to determine which minerals are essential.

### 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? \_\_\_\_\_

\_\_\_\_\_ first \_\_\_\_\_ second \_\_\_\_\_ last (circle one) source for energy used by the body.

How does stomach acid break down protein into amino acids. This is called \_\_\_\_\_

### Protein - Station #2

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? \_\_\_\_\_

\_\_\_\_\_ first \_\_\_\_\_ second \_\_\_\_\_ last (circle one) source for energy used by the body.

How does stomach acid break down protein into amino acids. This is called \_\_\_\_\_

### Carbohydrate - Station #1

What is the difference between macronutrient and micronutrient.

### 3. Distinguish between macronutrient and micronutrient.