## Lesson One

## TSWBAT:

- CO 1. Name the three classes of nutrients that supply your body with energy.
- CO 2. Explain how the body obtains energy from food.
- CO 3. Describe the roles that carbohydrates, fats, and protein play in your body.
- LO 1. Using an organizer list food sources for carbohydrates, fats and protein.