

Name: _____ Period: _____ Date: _____

Section: Carbohydrates, Fats, and Proteins

PART I

Match each of the terms on the left with its definition on the right.

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|------------------------|--|
| _____ 1. fat | a. a single sugar; fruit sugar |
| _____ 2. carbohydrate | b. complex carbohydrate that provides little energy but is important for digestion |
| _____ 3. protein | c. nutrients made up of amino acids |
| _____ 4. starch | d. a fat that is made up of saturated fatty acids |
| _____ 5. fiber | e. the science or study of the ways in which the body uses food |
| _____ 6. saturated fat | f. energy-giving nutrient and main form of energy storage in the body |
| _____ 7. nutrition | g. complex carbohydrate made of many sugars linked together |
| _____ 8. fructose | h. the body's quick energy reserve |
| _____ 9. glycogen | i. energy-giving nutrients including sugars and starches |

PART II

Answer the following questions about nutrients.

10. Eating too much of the wrong types of fat can raise blood cholesterol levels.
What can happen when too little fat is eaten?

11. What is the role of protein in the body?

12. In what foods are dietary cholesterol found? Why should the amount of dietary cholesterol be limited?

13. What is the difference between complete and incomplete proteins?

PART III

List the functions of each class of dietary nutrient.

15. Carbohydrates _____

16. Fats _____

17. Proteins _____

PART IV

Place an "S" in front of each of the following simple carbohydrates. Place a "C" in front of the complex carbohydrates.

_____ 18. fructose

_____ 19. glycogen

_____ 20. glucose

_____ 21. lactose

_____ 22. starch

_____ 23. sucrose

_____ 24. fiber

PART V

Place a "C" in front of each of the following complete proteins. Place an "I" in front of the incomplete proteins.

_____ 25. peas

_____ 26. hamburger

_____ 27. chicken breast

_____ 28. rice

_____ 29. beans

_____ 16. tuna