

Name: _____

Date: _____

Carbohydrates, Proteins, and Fats

Fill in the Blanks.

1. Carbohydrates are the body's main source of _____.
2. Proteins are essential for building and repairing _____.
3. Fats help the body absorb _____ and store _____.
4. Foods like bread, rice, and pasta are rich in _____.
5. Foods like meat, eggs, and beans are good sources of _____.

Identify whether the following foods are primarily carbohydrates, proteins, or fats:

1. Chicken breast : _____
2. Olive oil : _____
3. Oatmeal : _____

Fill in the table with examples of foods you could eat in a day to get a balance of carbohydrates, proteins, and fats:

MEAL	CARBOHYDRATES	PROTEINS	FATS
Breakfast			
Lunch			
Dinner			
Snacks			