

Nutrients (Protein, Fat, Carbohydrates)

Did You Know?

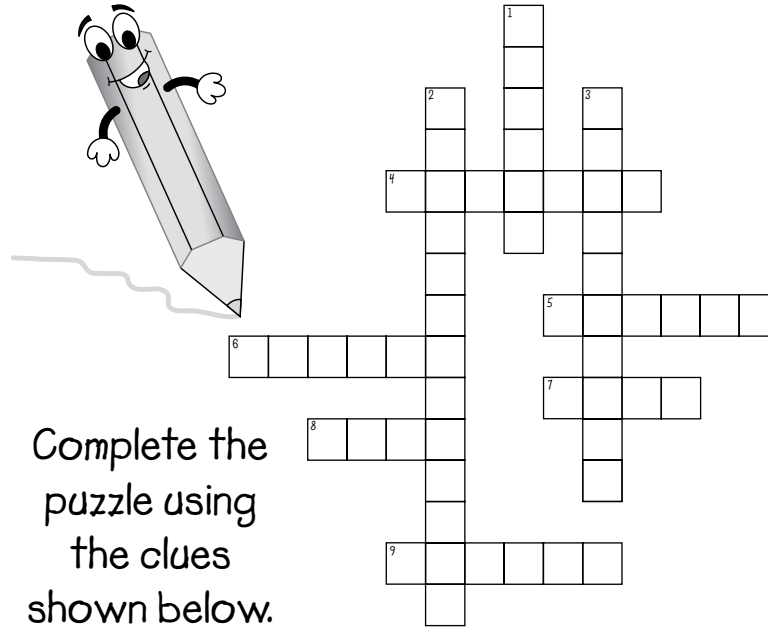
- Carbohydrates come in simple and complex forms. Simple sugars are found in sweet treats and complex carbohydrates are in the healthier grain products, legumes (beans), and vegetables.
- Unsaturated fats are healthier fats and include canola and olive oils.
- One gram of fat provides the body with nine calories. One gram of carbohydrates or protein provides the body with four calories.

What does it mean?

- **Carbohydrates:** a compound containing carbon, hydrogen, and oxygen atoms. They include sugars, starches, and fiber.
- **Dental caries:** also known as tooth cavities, which can result from eating too much sugar or too many simple carbohydrates.
- **Lipids:** more commonly known as fat. These molecules do not dissolve in water. The body needs fat for energy, insulation, and for making some hormones.
- **Amino acids:** the building blocks of proteins. Proteins are in plants and animals and are essential to almost all body functions.

Fun Facts

- Your brain and muscles use carbohydrates for fuel. If your body does not have carbohydrates available, it makes them from other nutrients.
- Fats contribute to the flavor and texture of food.
- Muscles, including your heart, are made of protein. The body tries to save protein and not use it as a source of fuel.



Complete the puzzle using the clues shown below.
 Good luck!

Across

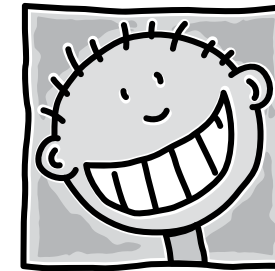
- The three nutrients that provide calories are fat, carbohydrates and, _____.
- An oil that is an unsaturated fat.
- A high-protein food that is usually eaten on Thanksgiving Day.
- The number of calories one gram of fat provides the body.
- The number of calories one gram of carbohydrate or protein provides the body.
- A carbohydrate-rich food that is usually eaten for breakfast with milk on it.

Down

- Eating too many simple carbohydrates or sugar may lead to this.
- Nutrient that comes in simple or complex form.
- The building blocks of proteins.

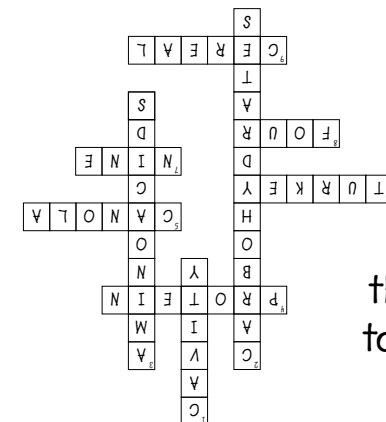
A Quick Example

- **High-protein foods:** meat, chicken, turkey, fish, black beans, pinto beans, and eggs. Some vegetables and dairy products also have protein.
- **Carbohydrate-rich foods:** pasta, rice, cereal, bread, crackers, and tortillas, but also fruits, vegetables, and milk.
- **Foods with fat:** butter, margarine, shortening, olive oil, and vegetable oil. Meat, poultry, fish, and full-fat dairy products can also have a lot of fat.



Joke
 Why did the turkey cross the road?

To prove that he wasn't chicken!



Here are the answers to the puzzle.