

Middle and High School Curriculum

NUTRITION 101

LESSON THREE PROTEINS, CARBOHYDRATES AND FATS

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outline
notes





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NUTRITION 101

LESSON 3

Outline notes

Proteins, Carbohydrates and Fats

STUDENT-FRIENDLY OBJECTIVE

Students will have a working knowledge of protein, carbohydrate and fats.

Proteins

DEFINITION

1. _____
2. _____

Essential amino acids

Definition: _____

Essential amino acids include: _____

Non-essential amino acids:

Definition: _____

Essential amino acids include: _____



List a few protein functions?

1. _____
2. _____
3. _____

Carbohydrates

DEFINITION _____

Basically everything ending in "ose" is _____

What are the 3 Monosaccharides? List a few characteristics of each.

1. _____
2. _____
3. _____

What are the 3 Disaccharides?

1. _____
2. _____
3. _____

What are Polysaccharides mostly made up of? _____



Carbohydrate Functions

List 3

1. _____
2. _____
3. _____

CARBOHYDRATE DIGESTIVE OVERVIEW


Once carbohydrates are in the bloodstream, what are the options that may occur depending on the type of saccharide.

1. _____

2. _____

What are the 2 classifications of carbohydrates?

1. _____
2. _____



Fats

List 5 Fat functions:

1. _____
2. _____
3. _____
4. _____
5. _____

Where are Saturated Fats found? _____

What is a MOFA? _____

In which foods do you find MOFAs? _____

What are the 2 types of Poly unsaturated fats? List a characteristic of each.

1. _____
Characteristic: _____
2. _____
Characteristic: _____

Where do you find Hydrogenated Fats? _____
