

Section 8-1

Note Taking Guide

Carbohydrates, Fats, and Proteins (pp. 192–199)

Foods Supply Nutrients

1. List four reasons why the body needs nutrients.

The body needs nutrients to

- a. _____
- b. _____
- c. _____
- d. _____

2. List the nutrients that supply your body with energy.

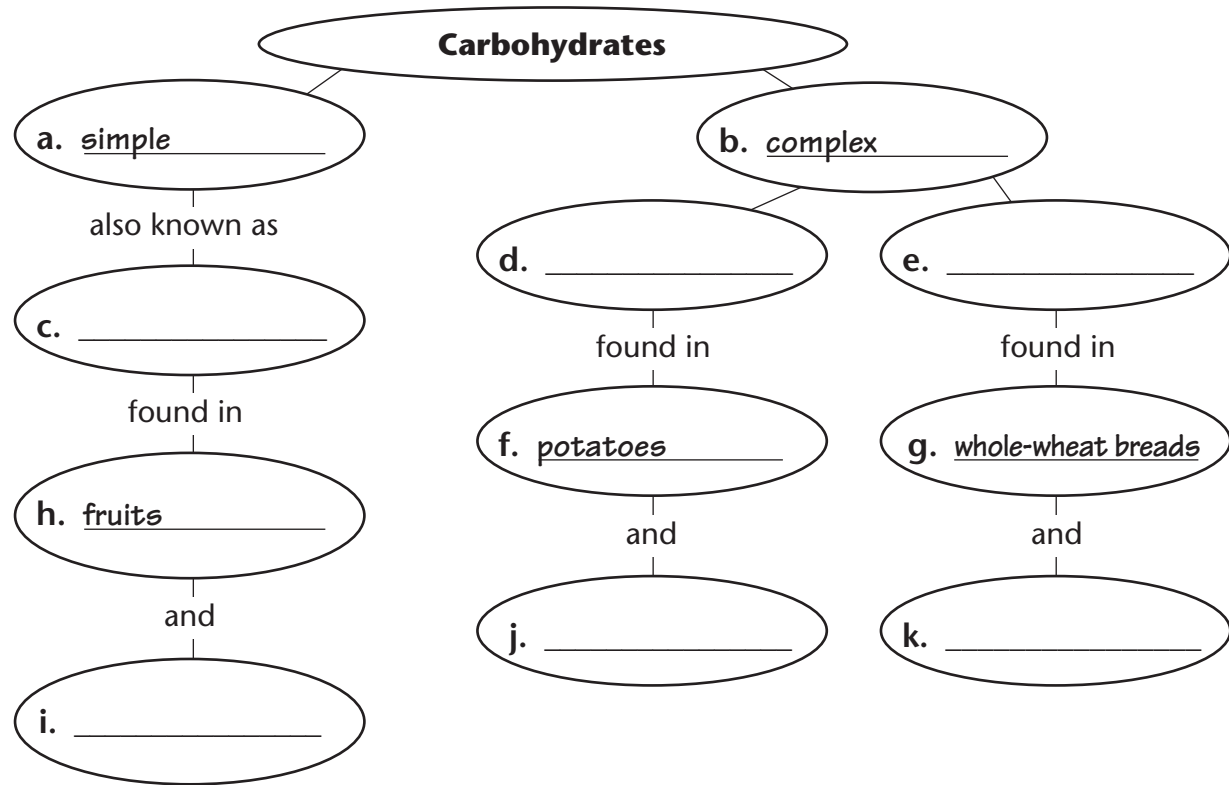
Foods Supply Energy

3. Define the term *metabolism*.

Section 8-1: Note Taking Guide (continued)

Carbohydrates

4. Complete the concept map about carbohydrates.

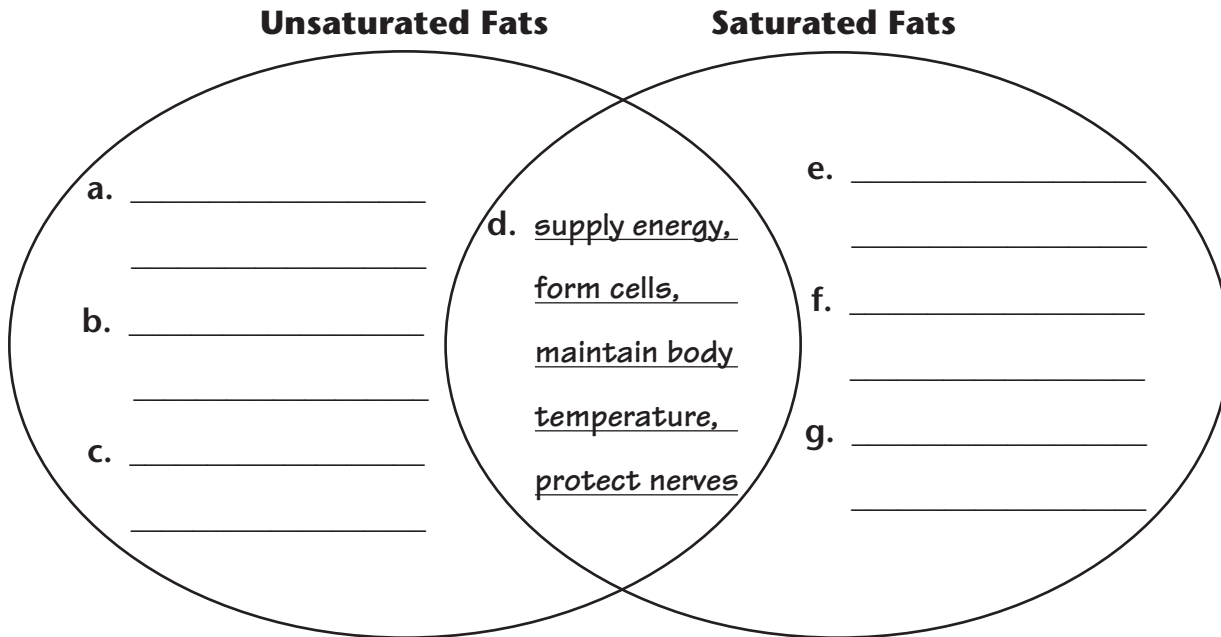


5. What percentage of your daily calories should come from carbohydrates?

Section 8-1: Note Taking Guide (continued)

Fats

6. Compare unsaturated and saturated fats by completing the Venn diagram. Write similarities where the circles overlap, and differences on the left and right sides.



7. Why does the body need some cholesterol?

8. Why can too much cholesterol in the diet be harmful?

9. Compare the health effects of trans fats with those of unsaturated fats and saturated fats.

Section 8-1: Note Taking Guide *(continued)*

Proteins

10. Complete the outline by adding important details about proteins.

I. Proteins

A. Amino acids

B. Essential amino acids

C. Complete and incomplete proteins

D. Daily protein intake

E. Proteins for vegetarians
