**6 Classes of Nutrients - Tri-Fold Brochure OR Power Point Project**

You will be learning about the 6 classes of nutrients, you will create a tri-fold brochure OR Power Point about what you learned.

**Use your textbooks & the internet**

**\*Adventurers in Nutrition Pages 27-45 – Wednesday 9/5**

**\* Internet – Thursday 9/6**

**\* Project due – Friday 9/7**

**Read the sections and then answer the questions.**

**AFTER you complete this note gathering page, you will be able to create tri fold brochure or Power point.**

What is the definition of carbohydrates (p. 27 & 29-30) 5 pts

How many calories in 1 gram of carbohydrates? \_\_\_\_\_\_\_\_

What are the 3 types of carbohydrates AND what are the food sources for these types? 5 pts

Which type does not have any calories?

What is the definition of fats (p. 27 & 31- 34) 5 pts

How many calories in 1 gram of fats ? \_\_\_\_\_\_\_\_

What are the 2 types/groups of fats AND what are the food sources for these types 5pts

What is the definition of proteins (p. 27 & 35) 5 pts

How many calories in 1 gram of proteins ? \_\_\_\_\_\_\_\_

What are the food sources that provide protein for the body 5 pts

What are the functions of water in the body 5 pts

What are the food sources that provide water for the body 5 pts

How much water do you need a day?

What is the definition of vitamins in the body 5 pts

2 examples of vitamins and the food sources that provide the vitamin 5 pts

What is the definition of minerals 5 pts

2 examples of minerals and the food sources that provide the minerals 5 pts

Paragraph explaining how you can you use this information 30pt

to make healthy food choices

Correct spelling, neat & creative & colorful 10 pts