The Foods We Eat

Directions: Read the paragraph and answer the questions.

The food we eat not only tastes good, but helps fuel us through our day. All foods contain three main nutrients: carbohydrates, fat, and protein. The remaining parts of food and include fiber, minerals, vitamins, and water.

Carbohydrates account for the majority of nutrients in the North American diet. They are made of a series of Sugar molecules. The sugar molecules act as an efficient form of energy for the body. Carbohydrates are commonly found in breads, grains, vegetables, and various sugary foods. It is recommended that carbohydrates account for 60% of your daily calories.

Fat is the densest energy source of the main nutrients. Fat provides just over twice the energy of carbohydrates per gram. Fat can be found in animal meat, butter, nuts, and oils. It is recommended that fats account for 20% of your daily calories.

There are two types of fats saturated and unsaturated. Unsaturated fats are an essential nutrient for cell growth and development. Unsaturated fats are mostly liquid at room temperature and are mostly found in plant products. Saturated fats have been linked to heart disease and other health problems. Saturated fats are mostly found in animal products and are solid at room temperature.

Proteins can be found in beef, eggs, fish, poultry, dairy products, and various plant products. Protein is required by the body's cells for growth and repair. Protein accounts for a substantial portion of the body's bones, muscle, and structural tissue. Protein also can be used by the body as an energy source. Protein contains as much energy as carbohydrates. Protein is made up of amino acids. Amino acids are used to maintain the bodies, bones, muscles, and various organs.

Answer the question using the information from above.
1. Which main nutrient accounts for the greatest portion of the North American diet?

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2. Name a food product you ate yesterday that consists mostly of the following nutrients.

A) Carbohydrates _______________________________

B) Fat ________________________________________

C) Protein _____________________________________

3. Which of the following nutrients contains the most energy: carbohydrates, fat, protein? Explain in detail.

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4. What portion of your daily caloric intake should consist of protein? Support your answer with references from the passage.

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