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Name

Class Period

Nutrient Booklet

1: Protein (font size 12-14)

a) Definition of Terms

- i) Amino Acids**
- ii) Complete Protein**
- iii) Incomplete Protein**
- iv) Nonessential Amino acids**

b) Classification

- i) Complete proteins (5 foods)**
- ii) Incomplete proteins (5 foods)**

c) Functions of proteins (5)

d) Deficiency disease

e) Digestion of protein

2. Carbohydrates

a) Definition of Terms

i) Complex carbohydrates

ii) Simple carbohydrates

iii) Fiber/cellulose

iv) Insulin

v) Glucose

vi) Refined sugar

b) Classification

i) Complex Carbs. (5 foods)

ii) Simple Carbs. (5 foods)

c) Functions of carbohydrates (5)

d) Importance of fiber (2)

e) Digestion of carbohydrates

f) Health risks of added sugars (3)