***What’s on Your Label?*** (FIB NOTES)

***“Your body is a car and the food you eat is your fuel. How does your ‘car’ run?”***

**Your Body as a Car**

* In order to run, your body needs fuel.
* This fuel comes in the form of nutrients.
* \_\_\_\_\_\_\_\_\_\_\_\_\_ are substances in food that your body needs to function properly.

**Macronutrients**

* Macronutrients is the term to describe the three \_\_\_\_\_\_\_\_\_\_\_ nutrients.
  + What are they?
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_

**Carbohydrates**

* Carbohydrates are your body’s biggest source of \_\_\_\_\_\_\_\_.
* Function: \_\_\_\_\_\_\_\_\_\_
* There are \_\_\_ types are carbohydrates:
* \_\_\_\_\_\_\_\_\_\_- fruits, milk, table sugar
* \_\_\_\_\_\_\_\_\_\_\_- The tough outter shell of fruits and veggies. Also found in whole grains

**Proteins**

* Proteins are the building blocks for \_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
  + Proteins promote healing and repair of body tissues.
* Function: \_\_\_\_\_\_\_\_\_ & \_\_\_\_\_\_\_\_\_.
* Found in: meats, eggs, beans, and nuts

**Fats**

* Fats are also a source of energy for our body but mostly stored as \_\_\_\_\_\_\_\_\_\_\_\_\_ tissue.
* Function: Energy and \_\_\_\_\_\_\_\_\_\_\_\_\_.
* Found mainly in: Sweets (junk food) and meats

**Vitamins & Minerals (Micronutrients**

* Vitamins and minerals are small nutrients and elements that help regulate your body’s functions.
* Function: fighting disease, bone strength, & aids in energy production
* Examples: Broccoli, spinach, carrots, oranges, bananas, and strawberries