

**Macronutrients Recap:**

1. Fill in the gaps to complete the sentence use each word once- **large, diet, food.**

Macronutrients are a type of .....required in..... amounts in the.....

2. Under each heading choose to place the food in the correct category.

**Butter, bread, potatoes, milk, fish, egg whites, cheese, oats, cereals, chicken skin, chicken breast meat, rice, pulses/lentils, turkey, avocado**

Fats	Carbohydrates	Protein

3. Carbohydrates are broken down into two types- can you remember what they were called?