

Chapter 8 Learning Goals

Learning Goals

1. I can name the three classes of nutrients that supply the body with energy.
2. I can explain how the body obtains energy from foods.
3. I can describe the roles that carbohydrates, fats, and proteins play in your body.
4. I can compare and contrast saturated and unsaturated fats.

Learning Goals

1. I can identify the two main classes of vitamins.
2. I can list seven minerals your body needs in significant amounts.
3. I can explain why water is so important to your body.

Learning Goals

1. I can explain the goal of My Plate.
2. I can summarize the difference between the Food Guide Pyramid and My Plate.
3. I can list at least 3 tips to a great plate.