JH FACS virtual day 2/20/2019

Directions: watch the video then answer the questions below. When you are finished, email to [bclark@usc.k12.in.us](mailto:bclark@usc.k12.in.us)

<https://www.youtube.com/watch?v=7HXkkanqPKA>

1. What are macronutrients?
2. What are the 3 macronutrients
3. How many calories per gram does each macronutrient have?
4. How are carbs used?
5. Describe simple carbs.
6. Describe complex carbs.
7. What does protein do for the body?
8. What are amino acids?
9. What are essential and nonessential amino acids?
10. What does fat do in the body?
11. What are examples of foods with trans fat?
12. How much of each macronutrient do you need?