

Read the article on macromolecules.

1. Explain the importance of the 3 macromolecules.
2. What is the recommended amount of each macromolecule in our diets??

Find 2 food labels and find the following:

1	Food Name –
2	Calories per serving and serving size
3	# of grams and % of carbohydrates
4	# of grams and % of total fat
5	# of grams of protein
6	List any vitamins or minerals that are in the food