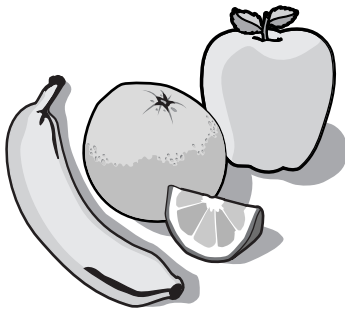


Activity 103

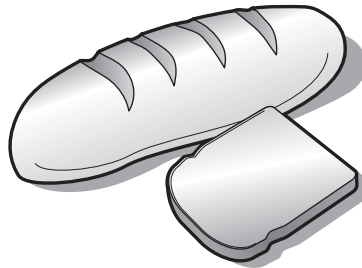
Nutrients in Food

Directions: Sources of proteins, carbohydrates, and fats are shown in the sketches below. In the space provided under each sketch, write the name of one or more nutrients that are plentiful in each food. Sample responses are shown in the box. Each choice may be used more than once.

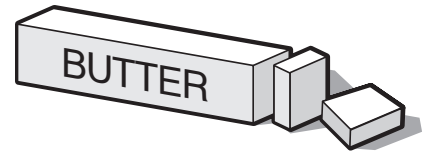
- | | | | |
|-------------------|---------------------|------------------|----------------|
| complete proteins | incomplete proteins | starches | natural sugars |
| fiber | saturated fats | unsaturated fats | |



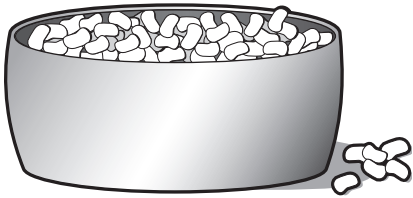
1. _____



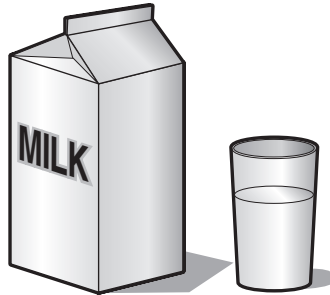
2. _____



3. _____



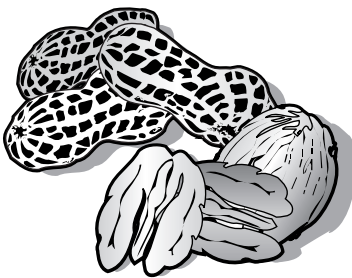
4. _____



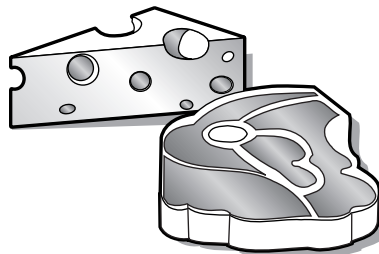
5. _____



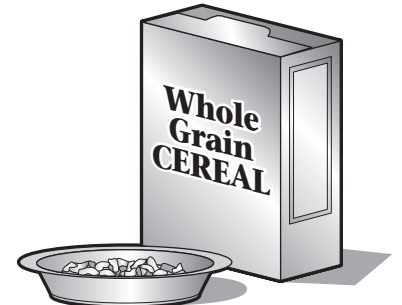
6. _____



7. _____



8. _____



9. _____