

(In Groups)

1. What main characteristics does each nutrition label have in common?
2. What's missing and why?

(On Your Own)

1. Tally up the percentages of these components in your diet.
2. Compare your findings to recommended values (see food pyramid) and describe below:

3. Why are these specific components listed on the labels?

*Because these are organic compounds of which we and other living things are made of. They are the building blocks that make us up.*

4. What's the role of each of these components in the body?

5. Copy macromolecule-chart notes in Journals!

**\*IMPORTANT:** Know what carbs do, what forms they come in, and how they are made and broken down.