

Test your understanding of nutrients and enzymes by indicating the correct term below each blank space.



### BE A NUTRITIONIST!



**FRUCTOSE**

**PROTEIN**

**CELLULOSE**

**CARBOHYDRATES**

**GLYCEROL**

**FATTY ACIDS**

**AMINO ACIDS**

**STARCH**

**MEAT**

**SIMPLE SUGARS**

**FATS**

**GLUCOSE**

**BREAD**

**BUTTER**

1. What are the simplest form of CARBOHYDRATES?

2. These forms of CARBOHYDRATES are also known as

3. What is the building block of PROTEINS?

4. FATS are made up of



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## Type of Resource:

This worksheet may be printed and passed out to elementary and middle school students to educate them about nutrients.

The actual courseware/source of this activity is Nutrition in Humans, one among over 25 best-selling offline interactive educational science e-learning coursewares called Science Werkz which won the 2013 EDDIE Award for Science E-Learning Solutions in the Upper Elementary and Middle School Categories.

## How to use this Resource:

We highly suggest that you use this resource if you are a teacher who wants to let your students know more about the different forms and types of nutrients.

Start by asking students to give some examples of nutrients. You can then print this quiz to ask the students to answer and see how much they have learned.



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## Answer Key:

1. Glucose, Fructose
2. Simple Sugars
3. Amino Acids
4. Fatty Acids, Glycerol

## More Details about the Resource:

**Science Werkz** is a line of award-winning offline interactive educational science solutions that may be accessed on the phones, tablets, or computers of its users. Consisting of more than 25 best-selling titles that feature informative videos, animated drawings that support learning, checkpoints, main points, concept map, diagrams, summary questions and interactives to encourage critical-thinking, among the key topics included in Science Werkz are General Science, Chemistry, Earth Science, Life Science/Biology, and Physical Science.

Winner of the 2013 EDDIE Award for Science E-Learning Solutions in the Upper Elementary and Middle School categories, the subscription-based science e-learning courseware may be used by educators for classroom learning or by parents and students for self-paced learning at home.

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