Organic Nutrients

Carbohydrates

- Are energy giving nutrients that include sugars, starches, and fiber.
- •(types w/ description)
- •(bonus fact)
- (visual)

Fats

- (function/Purpose)
- •Saturated fats are bonded to as many hydrogen atoms as possible.

Unsaturated Fats...
Cholesterol...

- •(bonus fact)
- •(visual)

Proteins

- •(function/Purpose)
- •(types/variations)
- Proteins are made of molecules called amino acids
- •(visual)

Directions:

- Create a tree-map of the organic nutrients needed by the body
- Each branch of the treemap needs to include:
 - 1: the nutrient's name
 - 2: function/purpose
 - 3: types (variations) along with a brief description
 - 4: bonus fact
 - 5: a visual.
 - *Highlight (color-code) the **name** and it's **types**

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