

Nutrition 101 Activity

Directions: List the primary macronutrient in each food item. If there is another macronutrient present, list that as the secondary macronutrient.

<u>Food</u>	<u>Primary Macronutrient</u>	<u>Secondary Macronutrient</u>
Egg	_____	_____
Yogurt	_____	_____
Chicken	_____	_____
Pizza	_____	_____
Soda	_____	_____
Nut Butters	_____	_____
Milk	_____	_____
Cheese	_____	_____
Pasta	_____	_____
Pop Tarts	_____	_____
Rice	_____	_____
Doughnuts	_____	_____
Bagels	_____	_____
Orange Juice	_____	_____
Quinoa	_____	_____
Steak	_____	_____
Avocado	_____	_____
Potato chips	_____	_____
Beans	_____	_____
Broccoli	_____	_____