Diet Opinionaire:

Carbohydrates provide the best quick food energy source.

Diet doesn’t matter as long as you work out and burn more calories than you take in.

It is better to eat a protein rich diet and cut out all carbohydrates.

All fat you eat is bad for you.

A well balanced diet is the only way to stay healthy.

Rank the following molecules in order of importance to the body from greatest to least:

Carbohydrate, Protein, Fat

Side By Side Diagram for Comparison

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Carbohydrate | Proteins | Fats | All |
| Chemical Composition |  |  |  |  |
| Source of Energy (where does the energy come from?) |  |  |  |  |
| Energy Content  (how much energy is stored ?) |  |  |  |  |
| Positive and Negative Physical Impacts (Ways our body deals with type of diet) |  |  |  |  |