Food + energy Notes 2/4/14

- Why do we need food?
- what are 'nutrients'?
- what are six types of nutrients?
- What is a 'calorie'?
- What are Carbohydrates made of
- Why are carbohydrates important?
- Glucose is a simple carbohydrate.
  Why is glucose important + how does your body get it?
- what is starch + how do we use it?
- Fats taste good :) - How are fats useful to the body?
  butter, bacon, doughnuts :)
- what are the different kinds of fats?
- What is cholesterol and do we need to eat it?

Oops - I forgot about fiber! What is it and do we need it?