**Bellwork Nutrition 1**  Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Your body needs carbohydrates because they

A) help move waste through the body. C) fight cholesterol.

B) contain important amino acids. D) are the body's main source of energy.

2. Which are the nutrients that help build body cells and tissues?

A) Fats C) Vitamins

B) Proteins D) Carbohydrates

3. Which category of food in MyPlate should you eat most often?

A) Vegetables C) Milk and cheese

B) Meat and poultry D) Grains

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