

Name _____

Date _____

Protein

1. What do proteins do for your body? _____

2. What parts of your body do proteins help? _____

3. What types of food contain proteins? _____

4. True or False - Meat and Muscle are the same thing.
5. What is protein made out of? _____

Homework -

- What order does your body use foods? Put them in order from first to last?
(Carbohydrates, Protein, Fat)

Math Worksheet Protein Breakfast Last 90 Days

G Orfield



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