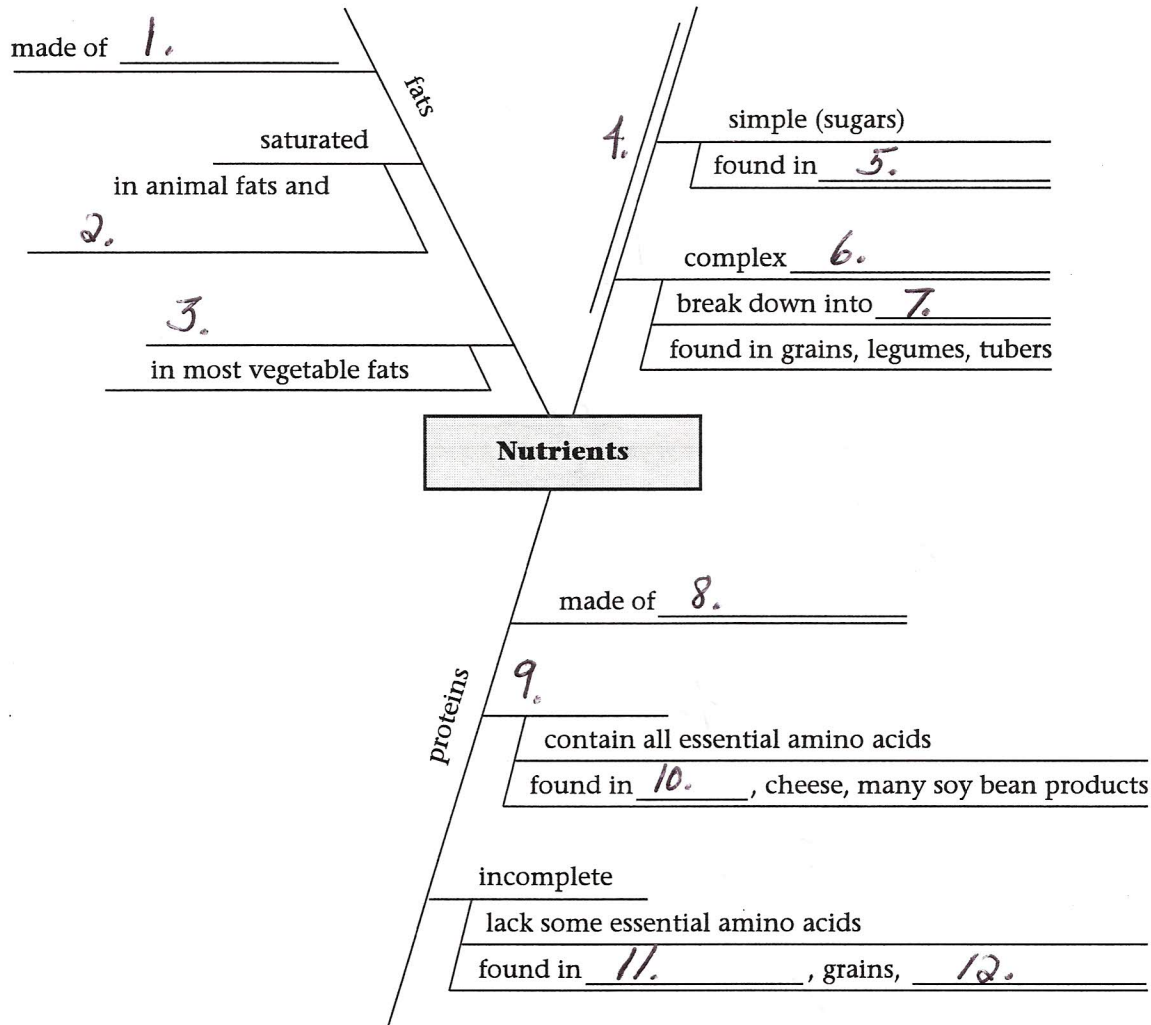


# ACTIVITY 13 Concept Map

FOR USE WITH CHAPTER 5, LESSON 2

## Nutrients: Carbohydrates, Proteins, and Fats

**Directions** ➤ Complete the concept map on carbohydrates, proteins, and fats. Use the following terms: *carbohydrates, fatty acids, starches, complete, legumes, fruits, sugars, seeds, unsaturated, meat, amino acids, and tropical oils.*



Why do you think a person would need to be sure to get complete proteins in his or her diet?

13.