

# NOTES—FOOD NEEDS, FOOD COMPONENTS, & TRANSFER NAME \_\_\_\_\_ HR \_\_\_\_\_

Why do cells need food?	1 _____ 2 _____			
What are the 3 components of food?	1 _____ 2 _____ 3 _____			
What are some examples of food that are fats?	1 _____ 2 _____ 3 _____ 4 _____			
What is a fat molecule like? How big? Where is the energy stored in it?				
What are some examples of food that are carbohydrates?	1 _____ 2 _____ 3 _____ 4 _____			
What is a carbohydrate molecule like? How big? Where is the energy stored in it?				
What are some examples of food that are proteins?	1 _____ 2 _____ 3 _____ 4 _____			
What is a protein molecule like? How big? Where is the energy stored in it?				
Fat breaks down into		By the enzyme		Which is found in your
Protein breaks down into		By the enzyme		Which is found in your
Carbohydrates break down into		By the enzyme		Which is found in your
Once food particles are small enough where do they go?				
What does blood move around the body?	1 _____ 2 _____ 3 _____			
Where do the blood vessels lead to?				