



Name: \_\_\_\_\_

# Activity 5.2.1 Student Worksheet

**Directions:** Complete the chart below as you read Chapter 6 of your textbook. Then answer the Analysis Questions that follow.

Nutrient Category		Composed of	Function in Body	Sources
Carbohydrate	Simple			
	Complex			
Fats and Oils				
Protein				
Vitamins	Fat Soluble			
	Water Soluble			
Minerals	Major			
	Trace			
Water				

### **Analysis Questions**

1. Why are carbohydrates and fats sometimes combined into one category?
2. What types of animals should be fed high fiber diets and why?
3. If there is excess protein in the diet of an animal, what becomes of it?
4. Describe the difference in crude protein and digestible protein. Why is there a difference?
5. What is the difference between a deficiency and a toxicity?