Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Chapter 8.1 Notes**

1. What are the three classes of nutrients?
2. What are the roles of a nutrient?
3. Energy supplied from the nutrients
   1. 1 gram of carbs = \_\_\_\_\_\_ Kcals
   2. 1 gram of protein = \_\_\_\_\_\_ Kcals
   3. 1 gram of fat = \_\_\_\_\_\_ Kcals
4. What are calories?
5. What is metabolism?
6. What is Basal Metabolic Rate? Why is it important?
7. What are carbohydrates? What are the two types? What is the percentage of calories come from carbohydrates?
8. What is fiber?
9. What are fats? What are the three types? What is the percentage of calories come from fats?
10. What is cholesterol? Why does the body need it?
11. 11. What are proteins? What are the two types? What is the percentage of calories come from carbohydrates?