

Vocabulary



carbohydrate a nutrient in sugars and starches that provides energy
Plants make sugar during photosynthesis. They store extra sugar as starch. You get carbohydrates when you eat plants and plant parts.

fat a nutrient that can be stored in animals and in some plant seeds
Fat supplies twice as many Calories as an equal amount of carbohydrates or protein. Your body needs fat for energy and to keep warm.

nutrient a substance that the body needs in order to survive and grow
The six kinds of nutrients are proteins, fats, carbohydrates, vitamins, minerals, and water.

protein a nutrient that the body needs for growth and repair of tissues
Proteins are important in your diet because cell membranes have proteins in them.

starch a food that is stored in plants
Potatoes, corn, and grains contain a lot of starch.

sugar a food that is produced by plants during photosynthesis
A plant uses the sugar it produces for energy and growth. It stores extra sugar as starch.