

Name: _____

Directions: Read the following situations. Think about which macronutrients would be the best to eat in each situation. Write your answers in the spaces below.

1. Joe just woke up 30 minutes ago and is getting ready for school. He is starving and needs energy for the day. What macronutrients would provide the energy Joe needs? Does Joe need quick energy or long lasting energy?

2. Joe just arrived home from school. It is 3 p.m. and he is hungry since he hasn't eaten since lunch at 12 p.m. Dinner is not for another three hours. Which macronutrients would provide the energy Joe needs? What snack would you recommend and why?

3. Joe wants some quick energy so he is going to have a carbohydrate food for a snack. He is trying to decide if he should have an apple or some pretzels. Which snack would you recommend for Joe and why? Will the apple or pretzels give Joe more long lasting energy? Why?

4. Joe is planning what he should have for dinner. He wants a meal that provides him with all three macronutrients and is made up of mostly GO foods. What is one example of a dinner that Joe could have?
