

Subject:

Task 3

Watch the video below.

<u>Macronutrients – CCEA - Video - GCSE Home Economics: Food</u> and Nutrition (CCEA) - BBC Bitesize

Complete the table below.

Macronut rient	Source(s)	Structure	Function	Recomm ended % of energy intake
Carbohyd rate				
Protein				

Revision Tasks



Fat		