Data:

Drink A100 cal

|  |  |  |  |
| --- | --- | --- | --- |
| Protein: -0 g | Starch: - 0g | Sugar: 27 g | Lipid: - |
| Observations: | Observations: | Observations: | Observations: |

Drink B 180 cal.

|  |  |  |  |
| --- | --- | --- | --- |
| Protein: 10g | Starch: 0g | Sugar:21 g | Lipid: 3 g |
| Observations: | Observations: | Observations: | Observations: |

Drink C370cal

|  |  |  |  |
| --- | --- | --- | --- |
| Protein: 20 g | Starch: -0g | Sugar: 28 g | Lipid: - 8g |
| Observations: | Observations: | Observations: | Observations: |

Drink D 220cal

|  |  |  |  |
| --- | --- | --- | --- |
| Protein: 21g | Starch: -0g | Sugar: 9 g | Lipid: -11g |
| Observations: | Observations: | Observations: | Observations: |

Reflection Questions:

1. List 3 natural food sources that contain each of the tested macromolecules in your diet.