

Why do we need to eat?

1. Complete the following table as a Google Document and share it with me. Write enough information to explain why we need to eat each of the following.

	<i>Why do we need it?</i>	<i>Good sources</i>	<i>Examples</i>	<i>Disorders</i> <i>(too much or too little)</i>
Carbohydrates				
Proteins				
Lipids				
Vitamins			A B _{1,2,6,12} C D E K	
Minerals			Ca Mg P Zn Fe I Mn	
Salts			Na K Cl	
Water				

2. Research the question: Is drinking milk good or bad for us? Type a 1 page summary in your Google Document to answer this question. Be sure to include studies and citations.