**NUTRIENTS AND PIZZA** Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is a macronutrient? Name all 3.

Give an example of each macronutrient and explain what each macronutrient does in the body.

What is a micronutrient? Name all 2.

What are examples of macronutrients in your pizza?

What are examples of micronutrients in your pizza?

What are the specific micronutrients you get from each ingredient in your pizza? And what does each do for your body? (be specific)