

# Study Guide

## Carbohydrates

**Directions:** Read chapter 6, and answer the following questions. Later, you can use this study guide to review.

1. What do carbohydrates do for you?

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2. Name three types of carbohydrates that come from plants.

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\_\_\_\_\_

3. What is a simple carbohydrate? Provide three examples of simple carbohydrates.

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\_\_\_\_\_  
\_\_\_\_\_

4. Why are starches called complex carbohydrates?

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\_\_\_\_\_  
\_\_\_\_\_

5. How does digestion convert carbohydrates into energy your body can use?

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\_\_\_\_\_

6. Why do young plants taste sweeter than older plants?

\_\_\_\_\_  
\_\_\_\_\_

7. Why does your body need a good supply of glucose?

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Chapter 6 Study Guide (continued)

8. The USDA suggests that a person should limit the amount of added sugar he or she consumes to 10 teaspoons per day on a 2000-calorie diet. How many grams of sugar are there in 10 teaspoons?

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9. Name five ingredients that add sugar to food.

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10. Identify two or three additional nutrients that are found in foods that contain complex carbohydrates.

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11. Explain why it is important to eat foods containing fiber.

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12. Name four foods that are good sources of fiber.

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**Activity 1****Carbohydrates**

## Complex Carbos

**Directions:** Read the following recipe for Honey Whole Wheat Bread. Identify the ingredients that are carbohydrates. Mark a C next to the ingredients that are complex carbohydrates and an S next to the ingredients that are simple carbohydrates. Make this bread and serve it to your classmates along with slices of plain white bread. When serving this bread to your classmates, ask them to describe the flavor, texture, and color of the two breads. Have them write their responses on a separate sheet of paper and attach it to this activity sheet. Discuss the differences.

### Honey Whole Wheat Bread

- \_\_\_\_\_ 1¼ cups warm water
- \_\_\_\_\_ 1 tablespoon active dry yeast
- \_\_\_\_\_ ½ teaspoon salt
- \_\_\_\_\_ 2 tablespoons butter, softened
- \_\_\_\_\_ 2 tablespoons honey
- \_\_\_\_\_ 3 tablespoons powdered milk
- \_\_\_\_\_ 1 cup all-purpose flour
- \_\_\_\_\_ 2-2½ cups whole wheat flour

1. Place water and yeast in a large bowl and let sit for five minutes until the yeast dissolves.
2. In a small bowl, form a paste with salt, butter, honey, and powdered milk. Whisk this mixture into the yeast.
3. Add all-purpose flour and beat with the whisk until thoroughly blended. Gradually add whole wheat flour, one cup at a time, and beat this mixture with a wooden spoon. When the dough comes together in a ball in the center of the bowl and is soft, but not sticky, dump all the contents of the bowl on a lightly floured surface. You will probably have some whole wheat flour left over.
4. Knead the dough for about 10 minutes. Knead in the remaining whole wheat flour. When the dough is well kneaded, it will become a smooth, round ball, slightly soft to the touch.
5. Put the dough in a clean, oiled bowl and turn the dough over to coat it with oil. Cover it with a damp cloth, and let it rise in a warm place for 45 minutes to one hour.
6. When the dough has doubled in size, punch it down with your fist and knead it a few times and form it into a loaf. Place the loaf in a greased 9- by 5- by 4-inch loaf pan and cover it with a towel. Let rise for one hour.
7. Heat the oven to 400°F. Bake the risen loaf for 40 to 50 minutes or until lightly browned on the top. Bread should sound hollow when tapped with a knuckle.
8. Turn loaf onto a wire rack and cool until easily handled. Slice and serve with butter and jam or with honey and peanut butter. ENJOY!

# Activity 2

## Carbohydrates

### Carbohydrate Classifieds

**Directions:** This “Carbohydrate Classifieds” section of the newspaper contains want ads for specific carbohydrates. In the space provided, write the name of the carbohydrate form described in each ad. Then list each carbohydrate in the correct column below. An example has been completed for you.

### Carbohydrate Gazette

Classifieds

**WANTED:** Sucrose  
Form of sugar for use at the dining table

**WANTED:** \_\_\_\_\_  
Sugars removed from plants, processed, and used as sweeteners

**WANTED:** \_\_\_\_\_  
Complex carbohydrates found in dry beans and peas

**WANTED:** \_\_\_\_\_  
Form of sugar found in grains

**WANTED:** \_\_\_\_\_  
Plant material that absorbs water and contributes bulk

**WANTED:** \_\_\_\_\_  
Form of sugar found in milk

**WANTED:** \_\_\_\_\_  
Plant material that dissolves in water and may lower cholesterol

**WANTED:** \_\_\_\_\_  
Simple carbohydrates found naturally in fruits, grains, and milk

Carbohydrate	Fiber
Sucrose	