

Activity 1**Carbohydrates**

Are Carbohydrates Good or Bad?

Purpose: To describe how carbohydrates are digested in the body.

Directions: Many trendy diets proclaim that the secret to losing weight is to stop eating carbohydrates. Use your text to answer the questions below. Write your answers in the space provided.

1. Low-carbohydrate diets claim that carbohydrates create human fat. What may contribute to this belief?

2. Name two kinds of simple carbohydrates. How can you easily spot them on a food label?

3. Name six most common sugars. Why are they sugars?

4. For what basic bodily functions do carbohydrates supply energy?

5. How are carbohydrates and your brain related nutritionally?

6. What kinds of carbohydrates should people eat most often?

7. What health problems commonly occurs when too much added sugar is eaten?

8. Nutritionally, how do an orange and a candy bar compare?

9. How well do white and whole-wheat carbohydrates compare nutritionally?

10. Based on your reading, what role should carbohydrates have in your diet?

Activity 3

Carbohydrates

Carbohydrates Puzzle

Purpose: To compare simple and complex carbohydrates and relate them to sugars and starches.

Directions: Use the information in your textbook to help you answer each item below. Write the missing words in the blanks provided, one letter in each space. If your answers are correct, the circled letters should complete the sentence in item 11.

1. Starches are classified as complex... _ () _ _ _ _ _ _ _ _ _ _
2. A substance that can't be digested is called... () _ _ _ _ _ _ _ _ _ _
3. Two monosaccharides combined are called... () _ _ _ _ _ _ _ _ _ _
4. A chemical process using the sun's energy to make carbohydrates is... _ _ _ _ _ _ _ _ _ () _ _ _
5. To build starches, plants combine single-glucose units into more complicated chemical arrangements called... _ _ _ _ _ _ _ _ _ _ _ _ _ () _ _ _
6. Carbohydrates with one- and two-unit structures are chemically... () _ _ _ _ _ _
7. A chemical structure containing carbon, hydrogen, and oxygen is called... _ () _ _ _ _
8. Sweeteners in many foods that add few or no calories are called... _ _ () _ _ _
_ _ _ _ _ _ _ _ _ _ _ _
9. You receive your main source of energy from... _ _ _ _ _ _ _ _ _ () _ _ _
10. A more complicated polysaccharide is called... _ _ _ () _ _ _
11. Sugars extracted from plants and used to sweeten other foods are called
_ _ _ _ _ _ _ _ _ _ _ _ .