

## Foods Worksheet

Find "How Food Works" and open it.

Open "Basic Components of Food"

Name the 3 main components of food.

Go to Carbohydrates.

Your body is like a car engine, and carbohydrates are like \_\_\_\_\_.

Name the simplest carbohydrate. \_\_\_\_\_

Copy the Glucose molecule and paste it to a MS Word document.

Obtain a Molecular Model Kit from the Chemistry Teacher and build this molecule.

What 3 types of atoms are in this glucose molecule?

Name the 3 monosaccharides.

What is the difference between mono and di-saccharides?

Which one can be directly absorbed into the blood stream?

Search on google for these sites. Carbohydrate Foods, then open Untitled.

List 3 sources of carbohydrates.

Now search for high carbohydrate foods, open Fast Programs. Make a list of the foods with the maximum number of grams of carbohydrates from each food group.