

**Standard Deviants School Human Nutrition: Macronutrients: Carbohydrates
Video Answer Key**

1. Carbohydrates are a major source of _____ for your body.
ENERGY
2. Foods dense in carbohydrates are _____, _____, plant gums, and cellulose.
STARCHES, SUGARS
3. _____ is a dietary fiber from the framework of plants.
CELLULOSE
4. There are two categories of carbohydrates, _____ and _____.
SIMPLE, COMPLEX
5. Simple carbohydrates are _____, while complex carbohydrates are glycogen, _____, and _____.
SUGARS, STARCHES, FIBERS
6. Simple carbohydrates like fruits and honey taste _____.
SWEET
7. Complex carbohydrates are foods like potatoes, peas, and _____.
BEANS
8. Sugars are either _____ (meaning one sugar) or _____ (meaning two sugars).
MONOSACCHARIDES, DISACCHARIDES
9. Monosaccharides are called _____ because they have six carbons.
HEXOSES
10. Monosaccharides are the most important sugars in nutrition because _____.
ALL OTHER SUGAR COMBINATIONS ARE BUILT FROM THEM
11. There are three main monosaccharides, glucose, fructose, and _____.
GALACTOSE
12. _____ is the sweetest of the monosaccharides.
FRUCTOSE
13. Glucose is also known as _____ sugar.
BLOOD
14. Endurance athletes should use glucose supplements if their exercise routines or competitions last more _____ minutes.
90
15. _____ are pairs of monosaccharides.
DISACCHARIDES
16. Disaccharides are made up of _____ and another monosaccharide.
GLUCOSE
17. Glucose + glucose = _____ (AKA malt sugar).
MALTOSE
18. Glucose + galactose = _____ (AKA milk sugar).
LACTOSE
19. Glucose + fructose + _____ (AKA table sugar).
SUCROSE
20. Complex carbohydrates are known as _____.
POLYSACCHARIDES
21. _____ is the form in which the human body stores glucose.
GLYCOGEN
22. Glycogen is stored in the _____ and _____.
LIVER, MUSCLES
23. _____ is a form of glucose stored in plants.
STARCH
24. Good sources of starch are _____ (such as rice, corn, and wheat), _____ (such as peas and beans), and _____ (such as potatoes and yams).
GRAINS, LEGUMES, TUBERS