

CARBOHYDRATES WORKSHEET

Name _____ Period _____

1. Carbohydrates make up the largest volume of our daily food. _____% of our food should be from carbohydrates.
2. Carbohydrates are taken in the form of _____, _____, _____ and _____.
3. Carbohydrate is the element of our food that supplies _____. Carbohydrates also play a vital part of the _____ process, and of the _____ and _____ of protein and fat.
4. If we take in more carbohydrate than is needed for energy, the unused portion is stored in the liver or the tissues as _____.
5. Carbohydrates come mainly from _____ sources, although milk and milk products contain some carbohydrates in the form of _____.
6. _____ carbohydrates are quick energy sources, but they usually do not supply any other nutrients or fiber.
7. _____ is the major kind of simple sugar. It is the basic source of energy for all living things.
8. _____: commonly known as table sugar, beet or cane. It occurs in many fruits and vegetables.
9. _____: known as fruit sugar. Most plants contain this sugar, especially fruits and saps.
10. _____: sometimes known as blood sugar, and sometimes as grape sugar. Nearly all plant foods contain this sugar.
11. _____: known as malt sugar, is found in grains.
12. _____: known as milk sugar, is found as the principal carbohydrate in milk.
13. _____ carbohydrates often supply energy and other nutrients and fiber that the body needs. They are a better choice.
14. _____ in the body breaks down simple sugars. The body has to break down all sugar and _____ into glucose to use it.
15. All starchy foods are plant foods, _____ are the richest source; 70% of their weight is starch.