

**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