

## CARBOHYDRATES WORKSHEET

Name \_\_\_\_\_ Period \_\_\_\_ Assign #

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