

What is a nutrient –

What is nutrition –

Carbohydrate Worksheet

What does intrinsic sugar mean?

What does Free Sugars mean?

What are carbohydrates and what is the function of carbohydrate in the body?

What are simple carbohydrates?

What are complex carbohydrates?

What impacts a persons carbohydrates intake?



What happens if we have a deficiency of carbohydrate?

What happens if we have a excess of carbohydrate?

What are the different sources of protein?

Monosaccharide

Disaccharide

Polysaccharide

What is dietary fibre?

DRV For Carbohydrates -

..% of energy in the diet should come from carbohydrates.

45% from

5% from

..g of dietary fibre per day.