## Resource for Option #1 CARBOHYDRATES WORKSHEET KEY

	Name	Period Assign #
	1.	Carbohydrates make up the largest volume of our daily food. <u>60</u> % of our food should be from carbohydrates.
	2.	Carbohydrates are taken in the form of <u>grains: cereals and pasta</u> , <u>fruit</u> , <u>vegetables: tubers</u> , <u>legumes</u> , <u>sugar</u> .
	3.	Carbohydrate is the element of our food that supplies <u>energy</u> . Carbohydrates also play a vital part of the <u>digestive</u> process, and of the <u>metabolism</u> and <u>oxidation</u> of protein and fat.
Ì	4.	If we take in more carbohydrate than is needed for energy, the unused portion is stored in the liver or the tissues as $\underline{fat}$ .
	5.	Carbohydrates come mainly from <u>plant</u> sources, although milk and milk products contain some carbohydrates in the form of <u>lactose</u> .
	6.	<u>Simple</u> carbohydrates are quick energy sources, but they usually do not supply any other nutrients or fiber.
	7.	<u>Glucose</u> is the major kind of simple sugar. It is the basic source of energy for all living things.
	8.	<u>Sucrose</u> : commonly known as table sugar, beet or cane. It occurs in many fruits and vegetables.
	9.	<u>Fructose</u> : known as fruit sugar. Most plants contain this sugar, especially fruits and saps.
	10.	<u>Glucose</u> : sometimes known as blood sugar, and sometimes as grape sugar. Nearly all plant foods contain this sugar.
	11.	Maltose : known as malt sugar, is found in grains.
	12.	<u>Lactose</u> : known as milk sugar, is found as the principal carbohydrate in milk.
	13.	<u>Complex</u> carbohydrates often supply energy and other nutrients and fiber that the body needs. They are a better choice.
	14.	<u>Starch</u> in the body breaks down simple sugars. The body has to break down all sugar and <u>starch</u> into glucose to use it.
	15.	All starchy foods are plant foods, <u>seeds</u> are the richest source; 70% of their weight is starch.