

# CARBOHYDRATES

AQA Home Economics Food & Nutrition pgs18-19

1. WRITE THE 1 'KEY TERM' IN THE BACK OF YOUR BOOK UNDER THE KEY TERMS FOR PROTEIN AND FATS.
  2. Carbohydrates provide the body with .....
  3. Carbohydrates contain .... percent of the total energy intake, with no more than .... percent from sugars.
  4. What happens if too much carbohydrate is eaten? .....
  5. What are the 3 main groups of carbohydrates?
    1. ....
    2. ....
    3. ....
  6. Intrinsic sugars are sometimes called .....
  7. Examples of intrinsic sugars include: .....
  8. Extrinsic sugars are sometimes called .....
  9. Examples of extrinsic sugars include: .....
  10. What is the difference between intrinsic and extrinsic sugars? .....
  11. Starches are sometimes referred to as .....
  12. What is dietary fibre? .....
  13. Why is it important in our diets? .....
- Give examples of foods that are good sources of dietary fibre:



## HOMEWORK

Find a recipe using recipe books or the Internet that is high in either intrinsic, extrinsic or starch carbohydrates (you listed examples of these above).

Write out the recipe and then explain how you could alter the recipe to increase the dietary fibre content by annotating/labelling the recipe with the changes you could make.

**DUE in the lesson (P2): Thursday 3<sup>rd</sup> November (second lesson back after half term)**

**NOTE: After school detention for those with incomplete or no homework.**