

Carbohydrates

Name : _____

Class : _____

Do You Know?

Carbohydrates (also called carbs) are a type of macronutrient found in certain foods and drinks. Sugars, starches and fiber are carbohydrates. Your body needs these macronutrients to stay healthy

The 3 types of carbohydrates are:

Glucose

Fructose

Amylum

Maltose

Cellulose

Galactose

Starch

Sucrose

Lactose

Monosaccharides

Disaccharides

Polysaccharides

Glucose

+

Glucose



Glucose

+

Fructose



Glucose

+

Galactose



Maltose

Sucrose

Lactose

Carbohydrates

Name : _____

Class : _____

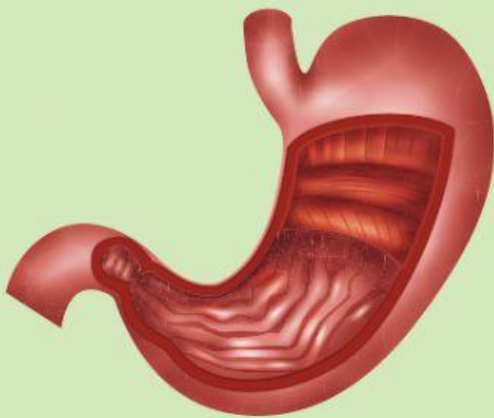


Mouth

Starch



Maltose

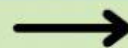


Stomach



Small intestines

Maltose



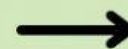
Glu + Glu

Amylum/
Starch



Maltose

Lactose



Galac +
Glu

Sucrose



Fruc + Glu