

## CARBOHYDRATES INTERACTIVE WORKSHEET

**Word Bank:** energy, fat, simple, sucrose, fructose, maltose, fiber, 60, plant, glucose, fructose, starches, complex

1. Carbohydrates make up the largest volume of our daily food. \_\_\_\_\_% of our food should be from carbohydrates.
2. Carbohydrate is the element of our food that supplies \_\_\_\_\_.
3. If we take in more carbohydrate than is needed for energy, the unused portion is stored in the liver or the tissues as \_\_\_\_\_.
4. Carbohydrates come mainly from \_\_\_\_\_ sources.
5. \_\_\_\_\_ carbohydrates are quick energy sources, but they usually do not supply any other nutrients or fiber.
6. \_\_\_\_\_ is the major kind of simple sugar. It is the basic source of energy for all living things.
7. \_\_\_\_\_ commonly known as table sugar, beet or cane. It occurs in many fruits and vegetables.
8. \_\_\_\_\_ known as fruit sugar. Most plants contain this sugar, especially fruits and saps.
9. \_\_\_\_\_ known as malt sugar, is found in grains.
10. \_\_\_\_\_ often supply energy and other nutrients and fiber that the body needs. They are a better choice.
11. \_\_\_\_\_ is another name for complex carbohydrates.
12. \_\_\_\_\_ cannot be broken down and helps with digestion.