BRIGHTON
JUNIOR HIGH SCHOOL

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

LIVEWORKSHEETS

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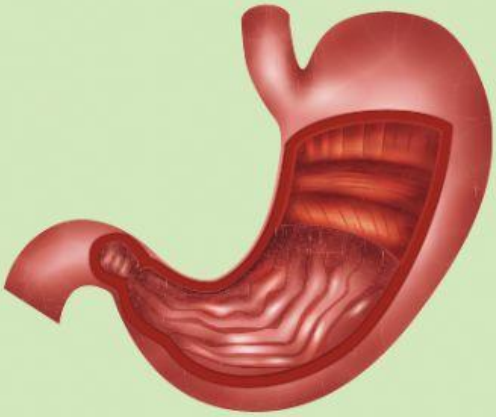
Carbohydrates

Name : _____ **Class :** _____



Mouth

Starch → Maltose



Stomach



Small intestines

Maltose	→	Glu + Glu
Amylum/ Starch	→	Maltose
Lactose	→	Galac + Glu
Sucrose	→	Fruc + Glu

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LIVEWORKSHEETS