

CARBOHYDRATES INTERACTIVE WORKSHEET

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

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.