

Sugar and Carbohydrates Quiz

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Answer the Questions!



00:00 - 03:31

<https://youtu.be/eKQWFJmCWZE>



1 How does Allison Bones plan to demonstrate the amount of sugar released into the bloodstream by carbs?

- a By showing office workers a video demonstration
- b By conducting a taste test with different foods
- c By explaining the chemical process of digestion
- d By measuring the blood sugar levels of volunteers

2 What is the purpose of the activity called "blood sugar bingo"?

- a To educate volunteers about the importance of blood sugar levels
- b To encourage volunteers to guess the sugar content of different foods
- c To promote healthy eating habits among office workers
- d To raise awareness about the dangers of consuming too much sugar

3 According to the video, what happens when you eat a bagel?

- a The starch in the bagel is broken down into sugar during digestion.
- b The bagel releases a large amount of sugar into the bloodstream.
- c The bagel contains more sugar than any other food shown.
- d The bagel is a healthier option compared to other high-sugar foods.

4 How many sugar cubes are equivalent to the amount of sugar in the strawberries?

- a Five
- b Four
- c Half of a bowl
- d The video does not provide this information.

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5 What does the video suggest about the amount of sugar in a jacket potato?

- a It contains less sugar than a bagel.
- b It contains more sugar than any other food shown.
- c It contains approximately 10 sugar cubes.
- d The video does not provide this information.

6 What is one key takeaway from the video?

- a Foods that taste sweet always contain a lot of sugar.
- b The body turns carbohydrates into fat if not burned off.
- c Looks can be deceiving when it comes to sugar content.
- d Potatoes are the most energy-rich food.

7 What is the main message of the video?

- a It is important to be cautious about the amount of sugar consumed.
- b Office workers should avoid eating high-sugar foods.
- c Carbohydrates are the main source of energy for the body.
- d Sugar consumption can lead to health problems.