



1. What type of carbohydrate cannot be digested by humans but aids in digestion?

- a. Starch
- b. Fiber
- c. Sugar alcohols
- d. Glycogen

2. What is the primary storage form of carbohydrates in the human body?

- a. Starch
- b. Glycogen
- c. Cellulose
- d. Glucose

3. Which type of carbohydrates is digested the fastest, causing a rapid rise in blood glucose?

- a. Fiber
- b. Starch
- c. Simple sugars
- d. Complex carbohydrates

4. What is the primary function of carbohydrates in the human body?

- a. Build muscle tissue
- b. Supply energy
- c. Maintain fluid balance
- d. Transport vitamins

5. What enzyme is responsible for breaking down carbohydrates in the mouth?

- a. Amylase
- b. Lipase
- c. Protease
- d. Lactase