Worksheet- Carbohydrates

Carbs in the worksheet refers to carbohydrates.

1. What do carbs do for the human body?
   a. Build muscle
   b. Provide energy
   c. Make strong bones
   d. All of the above

2. The elements present in all the carbs are
   a. Carbon
   b. Hydrogen
   c. Oxygen
   d. All of the above
3. Which of the following is an example of a simple carbs food?
   a. Bread
   b. Rice
   c. Apple
   d. Pasta

4. Another name for complex carbs is
   a. Starches
   b. Chocolate
   c. Protein
   d. Fruit
5. Which of the following is an example of a grain?
   a. Ice cream
   b. Apple
   c. Oats
   d. Milk

LIVEWORKSHEETS