

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

Carbohydrates

Name : _____

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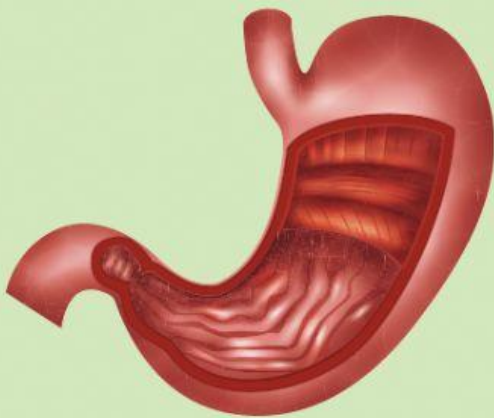


Mouth

Starch



Maltose



Stomach



Small intestines

Maltose



Glu + Glu

Amylum/
Starch



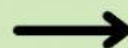
Maltose

Lactose



Galac +
Glu

Sucrose



Fruc + Glu