

Name: _____

Carbohydrate's worksheet

Carbon Hydrogen Oxygen 70% simple complex starch cellulose

glycogen Polysaccharide Glycogen Cellulose glucose fructose galactose

sucrose Lactose Maltose Fat Obesity Carbohydrates Lactose

1. What elements are carbohydrates made from?
2. What percent of our energy do we get from carbohydrates?
3. Carbohydrates are classified as _____ and _____ carbohydrates.
4. Identify the three polysaccharides that are important in nutrition. _____, _____ and _____.
5. Starch is a _____.
6. This polysaccharide is found in the liver and muscles of animals. _____.
7. This forms the structural part of the cell wall of plants. _____.
8. The most single molecule sugars are _____, _____ and _____.
9. The disaccharides are _____, _____ and _____.
10. When the diet provides more carbohydrates than needed, the excess is converted into _____ and stored under the skin as adipose tissue which leads to _____.
11. _____ provides our major source of energy.
12. _____ remains in the intestines longer than any disaccharide and encourages the growth of beneficial bacteria