



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