

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

Energy

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

