

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

Energy



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

