



Name \_\_\_\_\_

Hour \_\_\_\_\_

## Video Worksheet

1. What are carbohydrates made of?
2. What do carbohydrates convert into?
3. What kind of carbohydrate is better for you?
4. Which carbohydrate is faster to digest?
5. What is the difference between simple and complex carbohydrates?
6. Four grams of sugar equals what?
7. What are the three types of sugar discussed in the video?
8. An apple and a candy bar both contain sugar. Why then is an apple a better choice nutritionally?
9. Which is better for you, a whole grain bagel or white bagel? Why?



**LEARNING  
ZONE XPRESS™**

©Learning ZoneXpress • [www.learningzonexpress.com](http://www.learningzonexpress.com)

P.O. Box 1022, Owatonna, MN 55060 • 888-455-7003

FAMILY & CONSUMER SCIENCES  
LINCOLN PUBLIC SCHOOLS  
LINCOLN, NEBRASKA



Name \_\_\_\_\_

Hour \_\_\_\_\_

## Video Worksheet 2

1. Carbohydrates are found in many of foods. Name three.  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
2. Dietary Guidelines suggest we make most of our food choices from the \_\_\_\_\_ group.
3. The only food group on the Food Guide Pyramid that does not contain any foods with carbohydrate in them is the \_\_\_\_\_ group.
4. Low-carb diets were outlined as long ago as the 1880s in the \_\_\_\_\_.
5. Carbohydrates = \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ which leads to energy!
6. Proteins in the diet help build \_\_\_\_\_ and keep your body in shape.
7. Carbohydrates give you \_\_\_\_\_ and help you perform.
8. High-protein diets can be hard on the \_\_\_\_\_.
9. Normally, teens take in around \_\_\_\_\_ calories per day. It's better for your body to \_\_\_\_\_ exercise than to \_\_\_\_\_ calories.
10. Digestion = food → \_\_\_\_\_ in carbohydrates → glucose → \_\_\_\_\_ that powers cells.
11. \_\_\_\_\_ carbohydrates contain 1-2 sugars and give quick, short-lived energy.  
\_\_\_\_\_ contain 3-4 sugars and take longer to digest giving steady, longer-lasting energy.

12. There is also a third type of carbohydrate called \_\_\_\_\_.
13. Simple carbs like "sweet goodies" have \_\_\_\_\_ sugar and give us a \_\_\_\_\_ of energy.
14. Healthier carbs like an apple would contain are made up of \_\_\_\_\_ sugars.
15. Although fiber is considered a carbohydrate, it has no \_\_\_\_\_ and gives no \_\_\_\_\_.
16. When considering the amount of added sugar in a food, remember that 4 grams of sugar is equal to \_\_\_\_\_.
17. One can of soda could contain \_\_\_\_\_ teaspoons of sugar.
18. The problem with eating lots of snacks with added sugar is that they really \_\_\_\_\_ your energy because they give you a quick jolt and then run out. If you fill up on sugary carbs, you get lots of \_\_\_\_\_ calories and you have no room for healthier carbs.
19. What does research say about the healthiness of low-carb diets?
20. Instead of eliminating one entire food group from your diet, you should aim for \_\_\_\_\_, choose \_\_\_\_\_ foods and think about \_\_\_\_\_ when planning your diet.
21. Complex carbohydrates from \_\_\_\_\_ foods are better than foods like white bread or a white flour bagel.
22. Reading \_\_\_\_\_ is important in determining how much added sugar is in a food.
23. Food labels don't distinguish between natural and added sugars but looking at the first three ingredients and checking for words ending in \_\_\_\_\_ can give you a clue about the sugar content.
24. A great option for staying healthy is to get plenty of \_\_\_\_\_.

