


### "Carbs" Ahead—The Preferred Body Fuel



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### Carbs at Work


20. \_\_\_\_\_

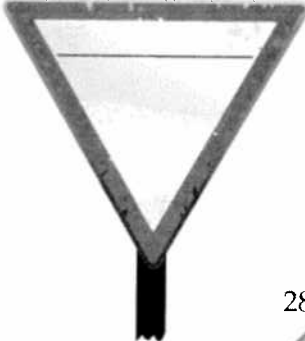
21. \_\_\_\_\_

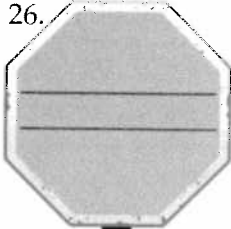
22. \_\_\_\_\_


23. \_\_\_\_\_

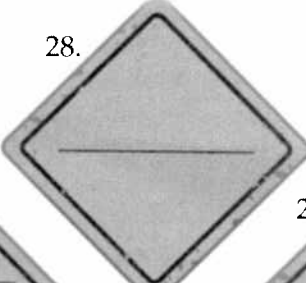
24. \_\_\_\_\_

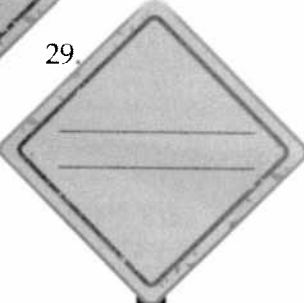


25. 

26. 

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29. 

# Carbohydrate Headlines

Activity E

Name \_\_\_\_\_

Chapter 5

Date \_\_\_\_\_ Period \_\_\_\_\_

These tabloid headlines represent some common myths about the effects of carbohydrates in the diet. Use the space provided to write a brief rebuttal debunking each myth.

**Starchy Foods Add Pounds and Inches Unlimited**

**Lay Off Sweets or Lose Your Teeth!**

**Kids + Sugar = HYPER!**

**Sugar? Give In and Get Addicted...**

**In Go the Sweets, Up Goes the Glucose—Look Out, Diabetes!**