

# Carbohydrates: The Preferred Body Fuel

# 5

## Carbohydrates In Action

Activity A

Name \_\_\_\_\_

Chapter 5

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

Complete the chart below by identifying what type of carbohydrate each item in the first column illustrates. Then list an example where each carbohydrate is found.

Carbohydrate	Type (mono-, di-, or polysaccharide)	Where is it found?
1. fiber		
2. fructose		
3. galactose		
4. glucose		
5. lactose		
6. maltose		
7. starch		
8. sucrose		

Plan an advertisement for a food product that is a good source of complex carbohydrates. Be creative as you answer the questions and follow the guidelines below.

What is the name of your product? \_\_\_\_\_

What is the age and gender of your intended audience? \_\_\_\_\_

Why do you think your ad will appeal to this audience? \_\_\_\_\_

In what media form will your ad appear? (online, billboards, radio, TV, newspapers, magazines, other) \_\_\_\_\_

What attention-grabbing phrase or visual image will you use to open your advertisement? \_\_\_\_\_

Write the main body of your ad. Be sure to explain the important functions of carbohydrates as reasons people should buy your product. \_\_\_\_\_

What slogan will you use at the end of your ad to help people remember your product? \_\_\_\_\_

# Using Carbohydrates

## Activity B

### Chapter 5

Name \_\_\_\_\_

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

Write the letter of the answer that best completes each statement in the space provided.

- \_\_\_\_\_ 1. All carbohydrates must be in the form of \_\_\_\_\_ for cells to use them as an energy source.  
A. fructose                      B. glucose
- \_\_\_\_\_ 2. The digestive system \_\_\_\_\_ poly- and disaccharides from foods.  
A. assembles                      B. breaks down
- \_\_\_\_\_ 3. Monosaccharides travel through the \_\_\_\_\_ to the liver.  
A. bloodstream                      B. intestines
- \_\_\_\_\_ 4. The liver converts fructose and galactose into \_\_\_\_\_.  
A. fat                                  B. glucose
- \_\_\_\_\_ 5. After a person eats, the amount of glucose in his or her blood \_\_\_\_\_.  
A. rises                                  B. falls
- \_\_\_\_\_ 6. Insulin is released by the \_\_\_\_\_.  
A. liver                                  B. pancreas
- \_\_\_\_\_ 7. Insulin helps the body \_\_\_\_\_ blood glucose to a normal level.  
A. raise                                  B. lower
- \_\_\_\_\_ 8. Insulin triggers body cells to \_\_\_\_\_ glucose.  
A. burn                                  B. produce
- \_\_\_\_\_ 9. If cells do not have immediate energy needs, they convert glucose to \_\_\_\_\_.  
A. glycogen                                  B. starch
- \_\_\_\_\_ 10. The muscles store glycogen for use during \_\_\_\_\_.  
A. muscular activity                      B. rest
- \_\_\_\_\_ 11. The liver stores \_\_\_\_\_ of the body's glycogen.  
A. one-third                                  B. two-thirds
- \_\_\_\_\_ 12. The liver can store a \_\_\_\_\_ amount of glycogen.  
A. limitless                                  B. limited
- \_\_\_\_\_ 13. When someone eats more carbohydrates than the body can immediately use or store as glycogen, the liver will convert the excess into \_\_\_\_\_.  
A. fat    B. protein
- \_\_\_\_\_ 14. Fat stores \_\_\_\_\_ be converted into glucose.  
A. can    B. cannot