

“Carbs” Ahead

Activity D

Chapter 5

Name _____

Date _____ Period _____

Test your knowledge about issues related to carbohydrates. Fill in the blanks in the following questions. Then transfer your answers to the “billboard” and “signs” on the following page. Use the completed graphic organizer as a study aid.

1. The nutrient that provides the body's main source of energy is _____.
2. Carbohydrates composed of single sugar units are called _____.
3. The single sugar that circulates in the bloodstream is _____.
4. The single sugar that occurs in fruits and honey is _____.
5. The single sugar that is found bonded to glucose is _____.
6. Carbohydrates composed of two sugar units are called _____.
7. The sugar used in recipes or at the table is _____.
8. The sugar found in certain grains, or made of two glucose molecules that are bonded together, is _____.
9. The sugar found in milk is _____.
10. All monosaccharides and disaccharides are collectively known as _____.
11. Carbs with uncomplicated molecular structures, such as monosaccharides and disaccharides, are classified as _____.
12. Carbohydrates made up of many sugar units are called _____.
13. The storage form of energy in plants is _____.
14. Non-digestible carbs and binders making up cell walls in plants are _____.
15. Fibers extracted from plants and prepared in a lab, such as resistant starch produced when cereals and grains are processed, are _____.
16. Foods to which ingredients have been added to yield health benefits are _____.
17. The sum of dietary and functional fibers is _____.
18. Carbs with larger, more intricate molecular structures, such as polysaccharides, are classified as _____.
19. A carbohydrate sweetener that has been separated from its original food source to be used as an additive is a _____.
20. A chemical produced in the body and released into the bloodstream to regulate body processes is a _____.
21. A hormone that helps the body lower blood glucose levels is _____.
22. The body storage form of glucose is _____.
23. The feeling of fullness after eating is _____.
24. The measure of the speed at which carbs are digested, absorbed, and enter the bloodstream is _____.
25. “YIELD”: Do not depend on _____ to make up for poor eating habits—i.e., inadequate food sources of nutrients, including fiber.
26. “STOP” eating sticky carbs between meals to prevent _____.
27. “WARNING”: People with _____ must regulate their sugar intake since their bodies lack, or cannot properly use, insulin to regulate blood glucose.
28. “WARNING”: People with _____ need to avoid eating large amounts of sugar all at once.
29. “WARNING”: People who are _____ must obtain their calcium from milk alternates.

(Continued)