

# Backtrack

## Through Chapter 5

Activity F

Chapter 5

Name \_\_\_\_\_

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

Provide complete answers to the following questions and statements about carbohydrates.

### Recall the Facts

1. What three components of the diet are supplied by carbohydrates? \_\_\_\_\_  
\_\_\_\_\_
2. Of what three chemical elements are carbohydrates composed? \_\_\_\_\_
3. What happens to disaccharides during digestion? \_\_\_\_\_
4. What are four foods that are high in simple carbohydrates and four foods that are high in complex carbohydrates?  
simple: \_\_\_\_\_  
complex: \_\_\_\_\_
5. What are the four key functions served by carbohydrates? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What are three diseases that may be prevented or controlled by fiber in the diet? \_\_\_\_\_  
\_\_\_\_\_
7. What are the two categories of sugars in foods? \_\_\_\_\_  
\_\_\_\_\_
8. According to the *Dietary Guidelines*, to what percent of total calories should added sugars be limited? \_\_\_\_\_
9. How many calories are provided by a gram of carbohydrates? \_\_\_\_\_
10. What are six symptoms of diabetes mellitus? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Interpret Implications

11. Why are carbohydrates known as the body's preferred source of energy? \_\_\_\_\_  
\_\_\_\_\_

(Continued)

12. How does carbohydrate consumption relate to the body's use of proteins? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

13. How does fiber help prevent constipation, reduce the likelihood of hemorrhoids, and relieve diarrhea? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

14. If the body converts all carbohydrates to glucose anyway, why do experts recommend eating more complex carbohydrates than simple sugars? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

15. How can you identify foods that are high in refined sugars? \_\_\_\_\_  
\_\_\_\_\_

16. Why would a dentist advise a patient to avoid snacking on sugars and starches between meals? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

17. How might someone who is lactose intolerant meet his or her need for calcium? \_\_\_\_\_  
\_\_\_\_\_

## Apply & Practice

18. How many grams of fiber should you include in your diet each day? \_\_\_\_\_

19. Imagine you are giving a birthday party for a young child. Several parents express concern about their children coming home hyperactive from all the sweets eaten at the party. How will you address these concerns? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

20. A friend tells you he thinks he has hypoglycemia because he gets a headache and feels shaky every afternoon. How would you respond? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_