

CARBOHYDRATES

- ❖ They are the major supplier of _____ in the diet, and help the body make the best use of _____.
- ❖ They are made up of _____, _____, and _____.
- ❖ There are three types:
 - _____ or sugars
 - _____ or starches
 - _____
- ❖ Most carbohydrates are found naturally in _____ foods.
- ❖ Refined or processed carbohydrates are those taken out of their _____ sources; they can then be _____ to other foods.
- ❖ What is an example of a refined carbohydrate? _____

- ❖ Sugars
 - These _____ carbohydrates can be divided into two groups:
 - Simple Sugars
 - _____ or dextrose
 - _____
 - _____
 - Double Sugars
 - _____
 - _____
 - _____
 - Broken down into _____ sugars during digestion.
 - All kinds of sugars supply the _____ amount of energy per gram.
 - Is sugar only found in sweets? _____
 - _____ occurs naturally in ripe _____ and some vegetables.
 - _____ is found in dairy products.

- ❖ Starches
 - These _____ carbohydrates are broken down into _____ sugars during digestion.
 - They are found most often in _____ products, _____, & legumes.

❖ Cellulose

- _____ carbohydrate found in plant cells.
- It is tough & stringy, and _____ break down completely during digestion, which is why we need _____ to help aid in digestion.
- Cellulose is found in _____, whole-grain products, some raw _____ and _____ as well as legumes and nuts.

❖ Carbohydrates Project

- Download the Popplet Lite App (the free version).
- Use the following guidelines & picture to create a Carbohydrates Popplet.
 - You will have 3 separate Popples: Sugars, Starches, & Cellulose.
 - For each Popple, you will need to include:
 - Subcategories (ex. Simple sugars, double sugars)
 - Definition
 - Simple or Complex Carbs
 - 3 pictures of foods that fall into the category.
- Save the Popplet to your camera roll & submit through eBackpack.

