

Name: _____

Class Period: _____

Carbohydrate Note Guide



Nutrients

Nutrients are substances found in food that are essential for _____ and _____.

There are _____ essential nutrients

(List the nutrients and write one example of each)

1.

2.

3.

4.

5.

6.

Could You Live without Sugar?

(List 3 types of sugar you could absolutely not live without)

1.

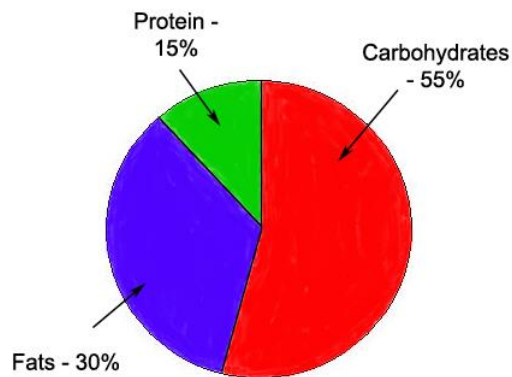
2.

3.

Carbohydrates

Carbohydrates give the body _____. They are the best source of _____ for the body. Carbohydrates also help to _____ protein and fat.

_____ of our food should come from carbohydrates.



We get most of our carbs from the _____ group.

Almost all of our carbohydrates come from _____ food sources.

If we eat more carbs than our bodies need for energy, they get stored as fat.

Carbohydrates are found in _____, fruits, vegetables, legumes and _____.

Carbohydrates can be broke down into 3 categories

- 1.
- 2.
- 3.

Examples of simple carbohydrates:

Examples of complex carbohydrates:

Examples of Fiber:

Sugar	Other Name	Food Sources
Glucose	“Blood sugar”	
Sucrose	“Table sugar”	
Fructose	“Fruit sugar”	
Maltose	“Malt sugar”	
Lactose	“Milk sugar”	