

# 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. What percent of daily calories should come from refined sugars? \_\_\_\_\_  
What percent should come from complex carbohydrates? \_\_\_\_\_
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? \_\_\_\_\_  
\_\_\_\_\_
12. How does carbohydrate consumption relate to the body's use of proteins? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Continued)