

# Backtrack

## Through Chapter 5

Activity F

Chapter 5

Name

Andrew

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? Sugars, starches, fibers
2. Of what three chemical elements are carbohydrates composed? C, H, O
3. What happens to disaccharides during digestion? poly + di are broken into mono s for body to use
4. What are four foods that are high in simple carbohydrates and four foods that are high in complex carbohydrates?  
simple: table sugar, candy, Syrup, soft drinks  
complex: bread, cereal, rice, pasta vegetables
5. What are the four key functions served by carbohydrates? ① provide energy  
② spare protein ③ break down fat ④ provide bulk in diet
6. What are three diseases that may be prevented or controlled by fiber in the diet? Chlor  
appendicitis, heart + artery disease, colon cancer, diabetes mellitus
7. What are the two categories of sugars in foods? natural + refined
8. What percent of daily calories should come from refined sugars? no more than 25%  
What percent should come from complex carbohydrates? at least 20%
9. How many calories are provided by a gram of carbohydrates? 4 cal / gram carbs
10. What are six symptoms of diabetes mellitus? thirsty, hunger, excessive  
weakness, irritability, nausea, eyesight problems  
numbness legs, feet fingers

### Interpret Implications

11. Why are carbohydrates known as the body's preferred source of energy? it can be used so efficiently as a fuel supply
12. How does carbohydrate consumption relate to the body's use of proteins? if not enough carbs  
the body will use proteins for fuel, the body will be unable to use  
the proteins for vital function of building & maintaining cell structures

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