

Name: _____

Carbohydrates

Directions: Use the words below in the word cloud to separate and sort the complex and simple carbohydrates into the proper categories. (20 points)



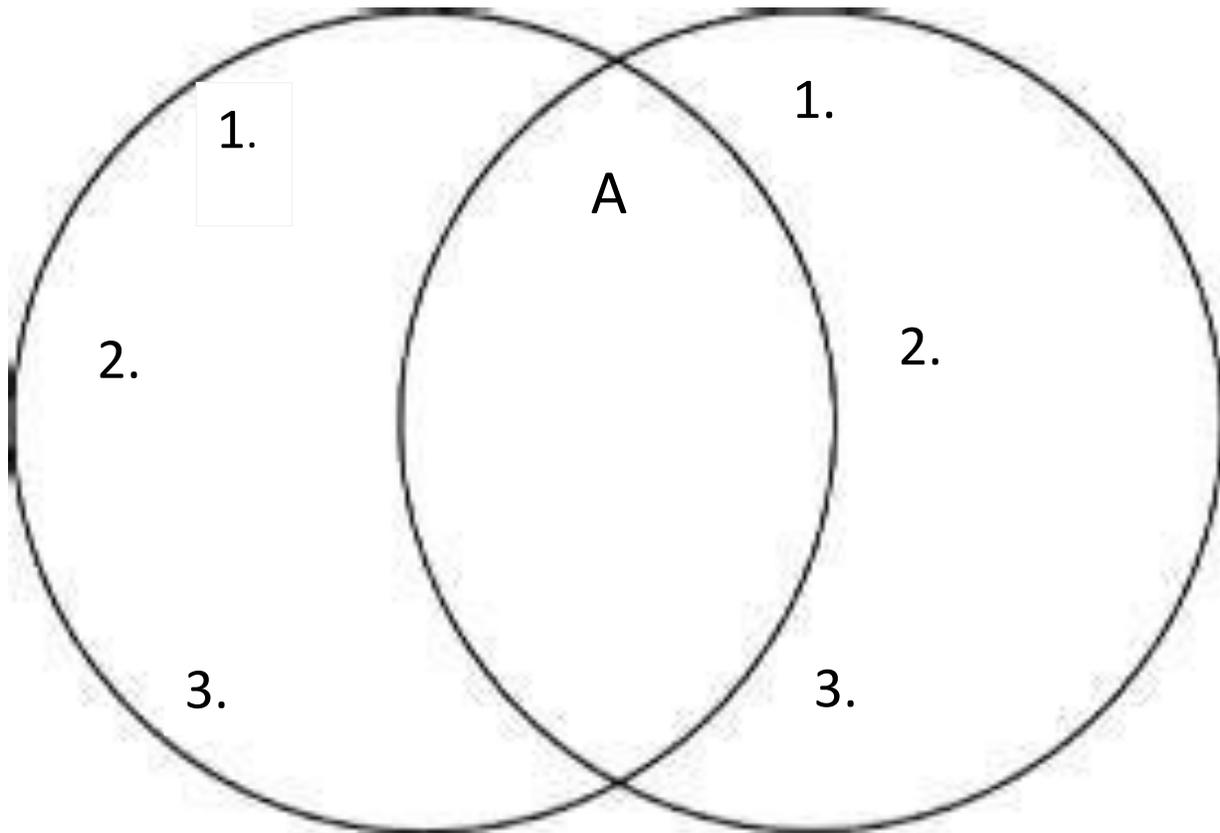
Simple Carbs	Complex Carbs
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.



Directions: Use the below Venn Diagram to compare complex carbohydrates to simple carbohydrates. Use the information below the diagram for assistance on what key elements belong where. **(14 points)**

Complex

Simple



1. Define complex and simple carbs in your own words referring back to your notes.
 2. Categorize the structure differences in complex and simple sugars by grouping the following terms starches, natural sugars, refined sugars, and fiber.
 3. Compare the difference of how the body digests the two carbs (ex. Once causes the body to have a quick burst of energy and then they crash the other keeps the body feeling full and takes its time digesting the sugars).
- A. What is the importance of all carbohydrates on the body?



Name: _____ KEY _____

Carbohydrates

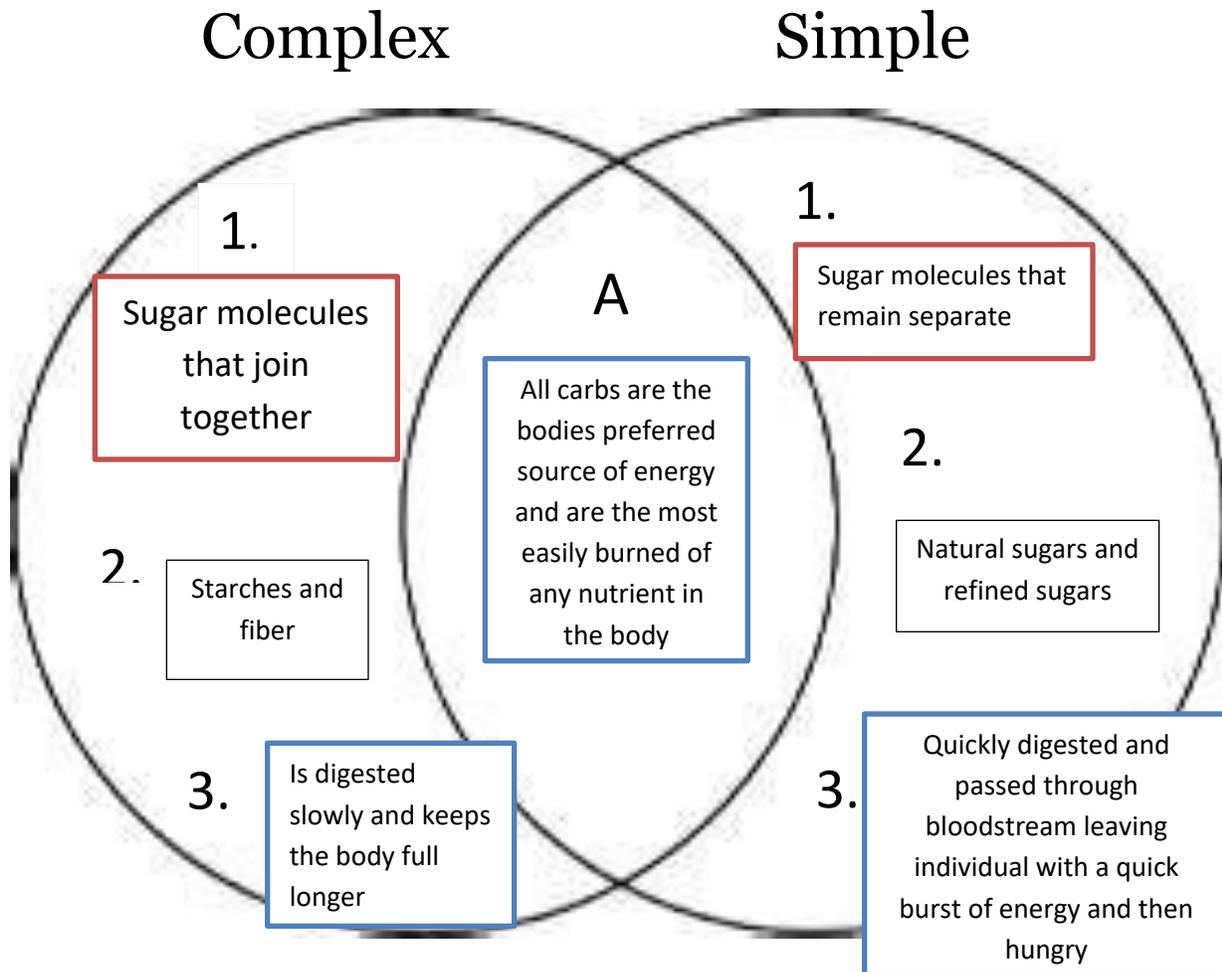
Directions: Use the words below in the word cloud to separate and sort the complex and simple carbohydrates into the proper categories. (20 points)



Simple Carbs	Complex Carbs
1. fruit juice	1. beans
2. marshmallows	2. whole wheat bread
3. candy	3. bagels
4. soda	4. popcorn
5. honey	5. rice
6. jelly	6. granola
7. sports drinks	7. buckwheat
8. fruit	8. barley
9. donuts	9. oatmeal
10. white bread (refined sugars)	10. pasta



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