

# Carbohydrates

- \_\_\_\_\_ are the macronutrient that our body uses as its main energy source.
- In which four food groups on MyPlate do you find carbohydrates? Where else?
  - \_\_\_\_\_
  - \_\_\_\_\_ Plus
  - \_\_\_\_\_
  - \_\_\_\_\_
- The two major functions of carbohydrates are to supply \_\_\_\_\_ and \_\_\_\_\_ to the body.
- A wheat seed contains three parts:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
- \_\_\_\_\_ grain foods are the healthiest choice from the Grain group. They are made using all \_\_\_\_\_ parts of the seed. All the fiber and vitamins & minerals from the seed are in whole grain foods.
- \_\_\_\_\_ grain foods are made from only part of the seed, the endosperm. They do not have as much fiber and vitamins & minerals as whole grains.
- There are three types of carbohydrates:
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## Word Bank

<b>Carbohydrates</b>	<b>Milk</b>	<b>Vegetable</b>	<b>Fruit</b>	<b>Grains</b>	<b>Beans</b>
<b>Endosperm</b>	<b>Germ</b>	<b>Bran</b>	<b>Refined</b>	<b>Whole</b>	<b>2</b>
<b>Fiber</b>	<b>Sugars</b>	<b>Starches</b>	<b>Energy</b>	<b>Fiber</b>	<b>3</b>



Public Health

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