

Reference for Option #2

## CARBOHYDRATES - SIMPLE OR COMPLEX

Group names \_\_\_\_\_ Period \_\_\_\_ Assign #

Make a list of your ten favorite carbohydrate foods. Classify the foods as simple or complex carbohydrates by placing a check mark in the appropriate column.

Option: Use the HEALTHY HABIT DIARY as the source of foods eaten.

Foods eaten by class members during past week	Simple Carbo	Complex Carbo

Questions:

1. Did the class eat more foods high in simple carbohydrates or more foods high in complex carbohydrates?
2. Is this typical of the American diet?
3. Does it matter to us as individuals if we eat more simple or more complex carbohydrates? Why?