

## CARBOHYDRATE TEST

Name \_\_\_\_\_ Period \_\_\_\_ Assign #

1. Carbohydrates make up about 20% of our daily diet.
  - a. True
  - b. False
  
2. Name three foods that are high in carbohydrates.
  - a.
  - b.
  - c.
  
3. What happens to the excess carbohydrates eaten if not worked off with physical exercise?
  
4. Circle which of the following is not a type of sugar.
  - a. Glucose
  - b. Sucrose
  - c. Riboflavin
  - d. Maltose
  
5. Simple carbohydrates supply only quick energy.
  - a. True
  - b. False
  
6. Dietary fiber is one form of complex carbohydrate.
  - a. True
  - b. False
  
7. Name 3 examples of simple carbohydrates.
  - a.
  - b.
  - c.
  
8. Quick Breads belong to the \_\_\_\_\_ group in MyPyramid.
  
9. There are 2 types of quick breads, name them.
  - a.
  - b.
  
10. The purpose of flour in quick breads is to
  
11. The leavening agent in quick breads is called
12. The purpose of the leavening agent in quick breads is to
13. What is the purpose of liquid in quick breads?
  
14. What is the purpose of fat and sugar in quick breads?
15. What is the purpose of eggs in quick breads.