

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. pasta, cereal, potatoes, grain flour vegetables
  - b.
  - c.
3. What happens to the excess carbohydrates eaten if not worked off with physical exercise?  
turns to fat
4. 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. sugar, honey, soda pop, sweets
  - b.
  - c.
8. Quick Breads belongs to the bread/cereal group in MyPyramid.
9. There are 2 types of quick breads, name them.
  - a. Batters
  - b. Doughs
10. The purpose of flour in quick breads is to structure or body of the product
11. The leavening agent in quick breads is called baking powder and or baking soda
12. The purpose of the leavening agent in quick breads is to adds air to make product light and porous
13. What is the purpose of liquid in quick breads? Dissolves the dry ingredients to form batter or dough
14. What is the purpose of fat and sugar in quick breads? Sugar sweetens and helps fat produce tenderness
15. What is the purpose of eggs in quick breads. Color, texture and nutrients