**Standard 3 General Resources Links—Carbohydrates and Fiber**

<http://www.bioedonline.org> Website out of Baylor College of Medicine in Texas. It provides “Science Teacher Resources.” They have videos, activities, and powerpoints in many areas. The “permission” area says to ask for written permission, except for educational and non-commercial uses. I think that means they are free as long as you credit them and don’t alter the content. Really good information!

[Dissecting a Pizza](http://www.bioedonline.org/tasks/render/file/index.cfm?fileID=1EE0FC41-E634-C237-DE9D89F1BE40EBD1) Lab: Dissecting a Pizza would be a good introductory foods and nutrition lesson. Covers food labels, the macronutrients (carbohydrates, proteins and fats), and “a healthy eating plate” that is basically ChooseMyPlate.

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates> Discussion on Carbohydrates for people with diabetes. Talks about types of carbs, sugars and glycemic loads. Good information to show students that there really is a reason to learn about carbs! Lots of links within this website to educate anyone on diabetic risks, fitness, Type 1 and Type 2 diabetes, and so forth.

<http://publications.nigms.nih.gov/chemhealth/coh.pdf> "The Chemistry of Health" a free, downloadable pamphlet with some short articles about chemistry ties to health. "You are What You Eat" article talks about lipids and carbohydrates.

<http://commonsensehealth.com/complex-carbohydrates-list-of-healthy-carbs/> This site has charts of “good carbs and bad carbs” but does *not* explain what complex or simple carbohydrates are. The charts are good as examples of how many grams of carbohydrates are found in a serving of common foods.

 ***Objective 1—Identify sources and functions of carbohydrates***

<http://www.cdc.gov/nutrition/everyone/basics/carbs.html> Basic information on the functions and sources of carbohydrates.

[Carbohydrate School Tour Lab, 2015](https://www.dropbox.com/home/FCS--Foods%20and%20Nutrition%201/STANDARD%203--Carbohydrates%20and%20Fiber?preview=STANDARD+3+Carbohydrate+Lab+adapted+from+Sue+Reber%2C+2015.docx) A virtual tour adapted in 2015.

***Objective 2—Identify sources and functions of fiber***

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/nutrient-info.html> This is specific information on fruits and vegetables (sources and functions) and their role as high-fiber carbohydrates.

<http://www.fruitsandveggiesmorematters.org/> Fruit and vegetable website—tons of pictures, nutrition facts, recipes, and information on fruits and vegetables you never knew existed! Colorful, complete and easy to navigate for students or teachers.

***Objective 3—Apply concepts in making quick breads, rice, grains and pasta***

<http://www.bioedonline.org/videos/lesson-demonstrations/human-organism/food-nutrition-and-energy/energy-for-life/>A 10 minute video of an easy yeast lab to show energy by graphing the height of the foam and the increase in temperature.

[Leavening Agents Demonstration, 2015](https://www.dropbox.com/home/FCS--Foods%20and%20Nutrition%201/STANDARD%203--Carbohydrates%20and%20Fiber?preview=Leavening+Agents+Demonstration+2015.docx) LAB/Demonstration using yeast, water bottles and balloons. Reactions discussion.

***Performance Objective 5—Participate in preparation and comparison of nutrition and cost of convenience food vs. scratch food of complex carbohydrates.***

[Nutrient and Cost Comparisons--Mac and Cheese](https://www.dropbox.com/home/FCS--Foods%20and%20Nutrition%201/STANDARD%203--Carbohydrates%20and%20Fiber?preview=Nutrient+and+Cost+Analysis+of+Macaroni+and+Cheese%2C+June+2015.docx) Homemade Deluxe Mac and Cheese (full and reduced and lowfat) vs. Kraft Deluxe Macaroni and Cheese vs. Stouffers Microwaveable.