

Carbohydrates

Summary

Using class discussion and demonstration, carbohydrates are identified as well as their functions.

Main Core Tie

Food And Nutrition

[Strand 3 Standard 1](#)

Time Frame

3 class periods of 45 minutes each

Group Size

Large Groups

Materials

- Overhead of Notes
- Iodine
- Food from each Food Group
- Worksheets for Each Student

Background for Teachers

- Notes on Carbohydrates
- Iodine - testing for starch
- Function of carbohydrates
- How the body processes carbohydrates
- Which foods contain carbohydrates

Student Prior Knowledge

The body needs energy. Energy is supplied by food.

Intended Learning Outcomes

Carbohydrates are the preferred source of energy for the body. Not all carbohydrates are the same. Complex carbohydrates are more beneficial for the body. Whole grain foods supply complex carbohydrates. Excess carbohydrates are stored as fat.

Instructional Procedures

Discussion (with overheads) of carbohydrates. Showing the differences by having students eat sugar and flour. Further that by showing water absorption with fiber. Students will take notes and complete worksheet and a lab using complex carbohydrates.

Strategies for Diverse Learners

Gifted students can modify a recipe to increase the amount of fiber. Struggling students can work with others to identify, from limited choices, foods that contain complex carbohydrates.

Extensions

Label reading - find the amounts of complex and simple carbohydrates in foods. Blood sugar testing

before and after ingesting sugar and starch.

Bibliography

Core Curriculum Guide Understanding Nutrition 3rd Edition World of Food Discovering Food

Authors

[MYRA MILLER](#)