**QUIZ CARBOHYDRATES**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period:\_\_\_\_\_**

1. **Carbohydrates are the body’s primary source of what? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
2. **Name a simple carbohydrate. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
3. **Name a complex carbohydrate. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
4. **Carbohydrates produce what percentage of the body’s energy? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
5. **Name one monosaccharide. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
6. **What’s another name for blood sugar? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
7. **What is another name for “milk sugar”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
8. **What is another name for “table sugar”? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
9. **What form of complex carbohydrate is found in pasta? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
10. **What complex carbohydrate helps lower blood pressure and help with weight loss? \_\_\_\_\_\_\_\_**

**BONUS QUESTIONS:**

**How many carbons in monosaccharide’s? \_\_\_\_\_\_\_\_\_\_\_\_**

**What fluid moves nutrients through the human body? \_\_\_\_\_\_\_\_\_\_\_\_**