

Class Set!

Answer the questions on a piece of binder paper. Remember to restate the question in your answer!

Use the article at:

<http://www.hsph.harvard.edu/nutritionsource/carbohydrates.html>

CARBOHYDRATES

By the Harvard School of Public Health

1. What do carbohydrates provide the human body?
2. What are the best sources of carbohydrates?
3. What is the basic building block of a carbohydrate? Describe what starches and fiber are like.
4. Describe the difference between simple carbohydrates and complex carbohydrates.
5. What happens to carbohydrates in the digestive system? Does fiber do the same thing?
6. What does the glycemic index do?
7. How is a high glycemic food different from a low glycemic food? What are the risks and benefits of the different high and low glycemic foods in your diet?
8. What factors influence a food's glycemic index?
9. What is glycemic load?
10. What is the basic message of this research?
11. What happens to sugar in the blood stream?
12. What is the difference between type 1 and type 2 diabetes?
13. What things can promote insulin resistance?
14. Where should you get the carbohydrates in your diet?