Carbohydrates Multiple Choice Questions

Circle the correct answer.

1. What do carbohydrates do for the human body?
   a. Build muscle
   b. Provide energy
   c. Make strong bones
   d. All of the above

2. All carbohydrate foods are composed of the elements
   a. Carbon
   b. Hydrogen
   c. Oxygen
   d. All of the above

3. Which of the following is an example of a simple carbohydrate food?
   a. Bread
   b. Rice
   c. Apple
   d. Macaroni

4. Another name for complex carbohydrates is
   a. Starches
   b. Candy
   c. Protein
   d. Fruit

5. Which of the following foods will take longer to digest?
   a. Bread
   b. Candy
   c. Apple
   d. Milk

6. Which of the following is an example of a grain?
   a. Candy
   b. Apple
   c. Oats
   d. Milk