Carbohydrates Short Answer Questions

1. Create a Venn diagram that compares simple carbohydrates with complex carbohydrates.

2. There are many different kinds of sugars in foods we eat. Give some examples of sugars.

3. Do some research with a team of your classmates. Make a chart of healthy foods that contain simple carbohydrates.

4. It is time for taking state standardized tests all morning. Which would be a better breakfast to eat on that day, a bowl of Sugar Flakes cereal or a bowl of oatmeal with milk? Why did you choose this breakfast?

5. Do some research into how wheat is grown. Write a short report about growing wheat.

6. Do some research into how sugar cane is grown. Write a short report about growing sugar cane.

7. In the 1950s schoolchildren would have a carton of milk and a graham cracker as a snack before recess. Was this a healthy snack? Explain why or why not.