

Name: _____ Period: _____ Date: _____ Score: _____/12 pts

T11 Body's Main Energy Nutrient- Carbs

1. Email address *

2. Simple carbohydrates are digested and absorbed quickly. *

Mark only one oval.

- ☐ True
☐ False

3. Dry beans, rice, and oatmeal are considered what type of carbohydrate? *

Mark only one oval.

- ☐ Simple
☐ Complex
☐ Glucose
☐ Dextrose

4. What substance found in food promotes digestive health and regularity? *

Mark only one oval.

- ☐ Fat
☐ Fiber
☐ Sugar
☐ Starch

5. Baked potatoes, cereal, and honey are good sources of *

Mark only one oval.

- ☐ fat.
☐ protein.
☐ minerals.
☐ carbohydrates.

Answer Key

1. NA
2. A
3. B
4. B
5. D