

Name _____

Read pages 14 – 21 in the Human Body Systems textbook: “Exploring Carbohydrates” and answer these questions using short answers:

1. What do starch and sugar have in common?
2. Name the 3 major types of food?
3. Why do we use a water bath instead of direct flame to heat test tubes?
4. Read the safety tips on page 16:

Should you hold on to the clamp while the test tube is in the hot water bath?

Which solution in this experiment is poisonous and causes stains?

5. What does “DW” stand for in the Testing Foods for Sugar and Starch procedure?

6. On page 18, what color shows the lowest concentration of sugar and which color shows the highest concentration of sugar?

7. What are six types of nutrients? (Including the three major types of food.)

8. What does your body do when it digests complex carbohydrates?

9. What does your body do with extra glucose?

10. What good is fiber in your diet?