

TT3 Macronutrients: Carbohydrates

1. i) Define monosaccharides. (1 mark)

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ii) Give **three** examples of monosaccharides. (3 marks)

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2. Identify sources of intrinsic sugars (multiple answers needed). (1 mark)

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| <input type="checkbox"/> Natural yoghurt | <input type="checkbox"/> Chocolate bar |
| <input type="checkbox"/> Toffee sauce | <input type="checkbox"/> Unsweetened orange juice |
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> Fresh mango |

3. List **two** dietary sources of disaccharides. (2 marks)

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4. Fill in the gaps in the text below using the keywords below. Note that each of the keywords may be used once, more than once or not at all. (4 marks)

<i>primary</i>	<i>50%</i>	<i>35%</i>	<i>sugars</i>	<i>protein</i>
<i>45%</i>	<i>fat</i>	<i>before</i>	<i>starch</i>	<i>secondary</i>
<i>5%</i>	<i>vitamin</i>	<i>after</i>		

- i) Carbohydrates are the _____ source of energy in the human body.
- ii) They act as a _____ sparer, which means that they are used _____ them to provide energy, so that the _____ can be used for growth and repair of the cells.
- iii) Carbohydrates can be divided into three groups: _____, _____ and dietary fibre.
- iv) In a balanced diet, _____ of energy should be provided by _____, and only _____ of energy should come from the _____.

