

Name _____

The Carbohydrate Chronicles: Exploring the Fuel of Life

Multiple Choice Questions

1. What are carbohydrates?
 - a) Superheroes of the food world
 - b) Molecules made of carbon, hydrogen, and oxygen
 - c) The main source of energy for the body
 - d) All of the above

2. Which of the following is NOT a type of carbohydrate?
 - a) Fiber
 - b) Protein
 - c) Sugar
 - d) Starch

3. What is the role of fiber in the body?
 - a) Promotes regular bowel movements
 - b) Controls blood sugar levels
 - c) Reduces the risk of heart disease
 - d) All of the above

4. Which type of carbohydrate provides a quick burst of energy?
 - a) Simple carbohydrates
 - b) Complex carbohydrates
 - c) Fiber
 - d) Proteins

5. How can understanding carbohydrates help us?
 - a) By choosing the right kinds of carbs
 - b) By fueling our bodies
 - c) By supporting our health
 - d) All of the above

