

Name _____

The Carbohydrate Chronicles: Exploring the Fuel of Life

Short Answer

1. What are the three main macronutrients found in food?
2. Give an example of a food rich in complex carbohydrates.
3. What is the role of fiber in maintaining good health?
4. How do simple carbohydrates differ from complex carbohydrates?
5. Why is it important to eat carbohydrates in moderation?

