

Name _____

The Carbohydrate Chronicles: Exploring the Fuel of Life

Short Answer Key

1. Proteins, fats, and carbohydrates.
2. Whole grains, such as brown rice or oats.
3. Fiber promotes regular bowel movements, controls blood sugar levels, and reduces the risk of heart disease.
4. Simple carbohydrates provide a quick burst of energy, while complex carbohydrates provide a steady supply of energy.
5. Eating carbohydrates in moderation helps maintain a balanced diet and prevents spikes in blood sugar levels.

