

Name _____

The Carbohydrate Chronicles: Exploring the Fuel of Life

Open-Ended Response Answer Key

1. Carbohydrates provide energy for our cells and help us perform everyday activities like running and thinking.
2. Simple carbohydrates can cause blood sugar levels to spike and crash, while complex carbohydrates provide a more steady source of energy.
3. Broccoli is a food rich in fiber.
4. Without enough carbohydrates, our bodies may not have enough energy to function properly, and we may feel tired or weak.

