

CHAPTER 4

1. Know the simple carbohydrates:

the monosaccharides:

the 3 disaccharides and what they are composed of:

2. Know what monosaccharide is in all 3 major disaccharides

3. What is the sweetest simple carbohydrate?

3. Know the complex carbohydrates: glycogen, starch and fibers

4. Understand the 2 reactions- hydrolysis and condensation

5. Know the by-product of condensation of two molecules of glucose

6. What is the primary storage form of carbohydrate in the body and where is it stored?

7. Know the different types of fibers and their characteristics (slides and table 4-5)

8. Know where carbohydrate digestion and carbohydrate absorption take place

9. What is the first organ to receive carbohydrates absorbed from the intestine?

10. What is the primary organ that converts fructose to glucose following absorption?

11. Know which disaccharides the enzymes maltase, sucrase, and lactase act on in digestion

12. Know the symptoms of lactose intolerance

13. Know what helps break down some of the dietary fiber in the large intestine

14. Understand the process of glucose regulation in the body

15. Know the function of insulin

16. Know which hormone is released when blood sugar levels are low

17. Know which hormone is released when blood sugar is high

18. Know what hormone is released when you are under stress to raise your blood glucose level

19. Know the normal blood glucose range

20. When the body is at rest, how long do typical body stores of glycogen last?

21. Know how to avoid dental caries when eating sugary foods

22. How many calories are in a teaspoon of table sugar?

23. What percentage of the days total energy intake should be from carbohydrates (ie, what is the AMDR)?

24. Know the Daily Value for fiber based on a 2000 calorie diet

25. Know the health benefits of fiber

26. Know the different kinds of fibers, their characteristics and actions in the body (table 4-5 on page 117)

Soluble-

Insoluble-

27. How might a high fiber diet help in weight management?