

Carbohydrates Quiz Answer Key PDF

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Explain how carbohydrates are utilized during exercise and the significance of timing in carbohydrate intake.

- A. Carbohydrates are not important for exercise.
- B. Carbohydrates provide energy during exercise. ✓**
- C. Carbohydrates should be avoided before exercise.
- D. Carbohydrates have no role in recovery.

Discuss the impact of high glycemic index foods on blood sugar levels and overall health.

- A. High GI foods are always healthy.
- B. High GI foods can lead to weight loss.
- C. High GI foods cause rapid blood sugar spikes. ✓**
- D. High GI foods have no effect on health.

Why is carbohydrate counting important for individuals with diabetes?

- A. Carbohydrate counting is not necessary for diabetes.
- B. Carbohydrate counting helps manage blood sugar levels. ✓**
- C. Carbohydrate counting is only for weight loss.
- D. Carbohydrate counting is easy and requires no effort.

Which enzyme is primarily responsible for breaking down carbohydrates in the mouth?

- A. Pepsin
- B. Amylase ✓**
- C. Lipase
- D. Lactase

Which of the following are disaccharides? (Select all that apply)

- A. Sucrose ✓**
- B. Lactose ✓**
- C. Glucose
- D. Maltose ✓**

What is the glycemic index (GI) used to measure?

- A. Protein content in food
- B. Fat absorption rate
- C. How quickly carbohydrates raise blood glucose levels ✓**
- D. Vitamin absorption rate

Which of the following is a monosaccharide?

- A. Sucrose
- B. Lactose
- C. Glucose ✓**
- D. Starch

Which of the following is a complex carbohydrate?

- A. Fructose
- B. Glucose
- C. Cellulose ✓**
- D. Galactose

Which carbohydrate is known for being indigestible and aids in digestion?

- A. Starch
- B. Fiber ✓**
- C. Glucose
- D. Sucrose

Which foods are considered high in carbohydrates? (Select all that apply)

- A. Rice ✓**
- B. Chicken

C. Bread ✓

D. Apples ✓

Explain the difference between simple and complex carbohydrates.

A. Simple carbohydrates are healthier than complex carbohydrates.

B. Complex carbohydrates are always low in calories.

C. Simple carbohydrates are quickly digested. ✓

D. Complex carbohydrates contain no sugar.

Describe the process of glycolysis and its importance in carbohydrate metabolism.

A. Glycolysis occurs only in the mitochondria.

B. Glycolysis is an anaerobic process. ✓

C. Glycolysis produces carbon dioxide.

D. Glycolysis is the final step of cellular respiration.

How does fiber contribute to digestive health? Provide examples of high-fiber foods.

A. Fiber is only found in fruits.

B. Fiber helps with weight gain.

C. Fiber promotes regular bowel movements. ✓

D. Fiber is not important for digestion.

What are the roles of carbohydrates in exercise? (Select all that apply)

A. Fuel high-intensity exercise ✓

B. Build muscle mass

C. Aid in recovery ✓

D. Increase flexibility

Which type of carbohydrate is primarily found in fruits?

A. Starch

B. Glycogen

C. Fructose ✓

D. Cellulose

Which processes are involved in carbohydrate metabolism? (Select all that apply)

- A. Glycolysis ✓**
- B. Photosynthesis
- C. Glycogenesis ✓**
- D. Glycogenolysis ✓**

Which of the following are considered low glycemic index foods? (Select all that apply)

- A. White bread
- B. Lentils ✓**
- C. Oatmeal ✓**
- D. Sweet potatoes ✓**

What is the main storage form of carbohydrates in animals?

- A. Starch
- B. Cellulose
- C. Glycogen ✓**
- D. Sucrose

What is the primary function of carbohydrates in the human body?

- A. Structural support
- B. Energy source ✓**
- C. Hormone production
- D. Vitamin synthesis

What are the benefits of dietary fiber? (Select all that apply)

- A. Regulates blood sugar ✓**
- B. Increases cholesterol levels
- C. Aids in digestion ✓**
- D. Promotes heart health ✓**