

Name \_\_\_\_\_

# Carbohydrates Report

## Assessment Checklist

Item Number	Incomplete	Beginning	Approaching	Meeting	Exceeding	Comments
1. Define molecule						
2. Diagram, label, & explain glucose						
3. Explain photosynthesis						
4. Diagram, label, & explain fructose						
5. Explain HFCS						
6. Abbreviated diagram & chemical formula of sucrose						
7. Abbreviated diagram & chemical formula of maltose						
8. Abbreviated diagram of starch						
9. Explain how starch and glycogen differ						
10. Where is cellulose found and how does it differ from starch						
11. Summarize differences between: Mono-, di-, and polysaccharides (starches, glycogen, cellulose)						
12. Define carbohydrates in own words						
13. Enzyme used to break bonds, where produced, explain process						
14. When are carbs small enough to pass through the small intestinal walls						
15. Once through the small intestines, where do carbs go? Why do we eat carbs?						
16. Which carbs digest most rapidly and most slowly? What carbs can other animals digest that humans can't?						
17. List different forms of sugars found in foods						
18. Explain: Total carbs, dietary fiber, soluble fiber, insoluble fiber, other carbs. Give clear distinctions.						
19. Examples of fresh food with large amounts of carbs						
20. How many carbs per day for you?						
21. Data table with packaged and fresh foods.						
22. Examples of foods you would eat for one day to equal your amount.						
23. Rationalize why they would make good choices.						