Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Carbohydrate/Sugars/Glycemic Index Quiz**

1. How well did you listen and process yesterday’s video?

Rate yourself on a scale of 0 to 10 with 10 being that you listened extremely well.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Which sugar gets used immediately in the body
   1. Fructose
   2. Sucrose
   3. Lactose
   4. Glucose
   5. All the above
2. Which sugar needs to be processed in the liver
   1. Fructose
   2. Sucrose
   3. Lactose
   4. Glucose
   5. All the above
3. State yes or no to the following statements
   1. Are starches sweet?
   2. Do starches get broken down into sugars?
   3. Do some starches dump more sugar into your blood stream than a can of coke?
4. Are all carbohydrates sweet? Explain your answer. (**Application 4+)**
5. Explain why a snickers bar has a lower glycemic index than a bowl of corn flakes. (**Thinking and Inquiry 4+**)