

## Quiz 3 / Answers Carbohydrate

1.) The manufacture by plants of carbohydrates and oxygen from carbon dioxide and water in the presence of chlorophyll with sunlight as the energy source is called:

- Photosynthesis
- Photo-Op
- Digital photography

2.) Carbohydrates are complex molecules composed of:

- Carbon, Hydrogen and Oxygen
- Iron, Nitrogen and Uranium
- Electrons, Protons and Calcium

3.) For Americans interested in sensible weight-mgmt. through fitness, carbohydrates should provide about half to two-thirds of caloric energy intake:

- True
- False

4.) To reduce body-fat and maintain optimal health, most Americans should:

- Radically reduce carbohydrate intake as in Low-Carbohydrate meal plans
- Maintain a balance of all nutrients as in a holistic sense
- Radically increase carbohydrate intake as in Carbo-Loading

5.) Carbohydrates are broken down and transformed into:

- Simple proteins
- Simple fats
- Simple sugars

6.) After supplying Glucose and Glycogen to the brain, nervous system, muscle and liver, the excess is converted into:

- Fat, and stored throughout the body as a reserve source of energy
- Water, and stored in the bladder as a reserve source of energy
- Chlorophyll, and stored in the brain as a reserve source of energy

**7.) Carbohydrate snacks that contain large amounts of refined sugars promote:**

- A sudden rise in body-fat often followed by an “insulin spike”
- **A sudden rise in blood-sugar often followed by an “insulin spike”**
- A sudden change in blood type often followed by an “insulin spike”

**8.) An “insulin spike” rapidly lowers blood-sugar levels:**

- **True**
- False

**9.) Following an “insulin spike” most people feel:**

- Happy, excited and ready for action
- **Fatigued, nervous and sometimes dizzy with a headache**
- Strong, aggressive and ready for a workout

**10.) A total lack of carbohydrates can result in:**

- Ketosis
- Loss of energy
- Depression
- Breakdown of lean body tissue
- **All of the above**

**11.) The body can only store a limited amount of Glycogen:**

- **True**
- False

**12.) About one-third of the body’s supply of glycogen is stored in the liver. The rest is stored:**

- In the stomach
- **In the muscles**
- In the brain