

# Chapter 3 Carbohydrates

Based on information found in Chapter 3 of the Reference Manual

- 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"

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- 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

**Notes:**

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