

# Carbohydrates

## 1. Answer the following questions:

A. What is a Carbohydrate?

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B. What are energy giving nutrients?

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C. Which food contains carbohydrates?

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D. Who needs more carbohydrates?

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## 2. Fill in the blanks.

A. Children need lots of \_\_\_\_\_.

B. \_\_\_\_\_ is rich in carbohydrates.

C. We find carbohydrates in foods such as \_\_\_\_\_.

D. \_\_\_\_\_ is also rich in carbohydrates.

**3. Write True or False:-**

A. Pizza contains carbohydrates.

B. Dosa is good for health.

C. Carbohydrates give us quick energy.

D. The energy providing food sugars, and fibers are called carbohydrates.