



Carbohydrates

Foods High in Carbohydrates

pasta

bread

potatoes

rice

cereals

Carbohydrates **supply the energy needed for all the reactions in our bodies**. Carbohydrates are made up of sugars and can be split into two groups. Small carbohydrates with only one or two sugar molecules are known as simple sugars. Glucose is an example of a simple sugar. Long chains of sugar molecules joined together are known as complex carbohydrates. Starch and cellulose are complex carbohydrates. Most of the carbohydrates that you eat will be broken down to glucose and used in respiration to release energy.

Foods Tests

Testing for Starch – Iodine Test:

- Add a few drops of yellow-orange iodine solution to the food.
- If starch is present, the solution turns blue-black.

Testing for Sugars – Benedict's Test:

- In a test tube, add a few drops of blue Benedict's solution to the food.
- Heat the test tube in a water bath.
- The solution turns red-orange if sugar is present.

Consequences of Imbalances in the Diet

A lack of carbohydrates in your diet is likely to result in a lack of energy. When you're low on glucose, the body breaks down stored fat, which can result in headaches, nausea, dizziness, bad breath and irritability.

