

Question sheet:

1. Carbohydrates are broken down into complex carbohydrates and?
2. Give three examples of a complex carbohydrate.
3. Give 3 examples of simple carbohydrates.
4. Which type of carbohydrate would a marathon runner eat and why?
5. What else is contained within carbohydrates? Fats or Fibre?
6. There are two types of fibre name them.
7. Soluble fibre can be found in beans and peas name 3 other foods it is found in.
8. Insoluble fibre is good for the body why?
9. Give two examples of insoluble fibre.
10. Can you give a sporting example where quick release carbohydrates would be beneficial to performance?