

Y10 – KO5 - GCSE FOOD PREPARATION AND NUTRITION: MACRONUTRIENTS - CARBOHYDRATES

A FUNCTION

	TERM	EXPLANATION
1	CARBOHYDRATES	<ul style="list-style-type: none"> • Needed for energy. • To help get rid of waste. Dietary fibre is a carbohydrate.

B KEY TERMS

	TERM	EXPLANATION
1	SUGARS	Groups of carbohydrates that taste sweet.
2	MONOSACCHARIDES	Group of sugars that are made of two sugar molecules.
3	POLYSACCHARIDES (Complex Carbohydrates)	are made from many sugar molecules joined together but do not taste sweet.

C TYPES OF CARBOHYDRATES

	TERM	EXPLANATION
1	MONOSACCHARIDES (SUGARS)	GLUCOSE, FRUCTOSE, GALACTOSE.
2	DISACCHARIDES (SUGARS)	MALTOSE, SUCROSE, LACTOSE.
3	POLYSACCHARIDES (COMPLEX)	STARCH, DIETARY FIBRE, PECTIN, DEXTRIN.



D SOURCES

	TERM	EXPLANATION
1	MONOSACCHARIDES (SUGARS)	JAMS, SWEETS, CAKES.
2	POLYSACCHARIDES (COMPLEX)	WHOLEWHEAT BREAD, POTATOES, PASTA.

E TOO MUCH / TOO LITTLE

	TERM	EXPLANATION
1	TOO MUCH	<ul style="list-style-type: none"> • Carbohydrates can be converted into fat. Too much fat causes obesity. • Refined and processed carbohydrate foods can put stress on the pancreas, the organ that produces insulin. If insulin is not produced Type 2 Diabetes may occur. • Tooth decay.
2	TOO LITTLE	<ul style="list-style-type: none"> • Lack of energy / feeling tired. • Weight loss. • Severe weakness.

F CHEMICAL BONDS OF CARBOHYDRATES

	TERM	EXPLANATION
1	MONSACCHARIDES	Basic sugar molecule e.g. glucose, galactose and fructose 
2	DISACCHARIDES	Are made up of two monosaccharides e.g. sucrose is made up of fructose and glucose. 
3	POLYSACCHARIDES	Are made up of lots of monosaccharides joined together e.g. starch is made up of lots of glucose molecules. 