**Carbohydrates (Sugars)**

Please answer the following questions with the use of your online textbooks:

1. **Give examples of carbohydrates.**
2. **Describe the molecular make up of carbohydrates.**
3. **Carbohydrates have common suffixes of "ose". What is the prefix for the following examples of carbohydrates?

Milk sugar: \_\_\_\_\_\_\_\_ose

Fruit sugar:\_\_\_\_\_\_\_\_ose

Table sugar: \_\_\_\_\_\_\_ose

Blood sugar: \_\_\_\_\_\_\_ose

Grain sugar: \_\_\_\_\_\_\_ose**
4. **What is a description of hydrogen bonding and carbon based molecules.**
5. **Read about mono, di, and polysaccharides. How are they different from one another? What purpose do these substances serve for us in maintaining a balanced system?**
6. **What foods are an example of complex carbohydrates? Polysaccharides are forms of complex carbos.**
7. **How do complex carbos differ from simple sugars (mono, disaccharides) like candy and chocolate?**
8. **What does glycogen do? Where is it found?**
9. **What type of foods are rice, wheat, corn, potatoes? These foods make up the majority of the worlds diet.**

**A few important notes:**

* **Carbohydrates are a type of organic compound that is found in all living things.**
* **Glucose is the most important Monosaccharide. Sucrose (table sugar), maltose and lactose are examples of disaccharides.**
* **Starch is a carbohydrate and is the most important form of polysaccharides.**
* **Glycogen and cellulose are other important forms of polysaccharides.**