Chapter 3  Carbohydrates

Based on information found in Chapter 3 of the Reference Manual

1.) The manufacture by plants of carbohydrates and oxygen from carbon dioxide and water in the presence of chlorophyll with sunlight as the energy source is called:
   - Photosynthesis
   - Photo-Op
   - Digital photography

2.) Carbohydrates are complex molecules composed of:
   - Carbon, Hydrogen and Oxygen
   - Iron, Nitrogen and Uranium
   - Electrons, Protons and Calcium

3.) For Americans interested in sensible weight-mgmt. through fitness, carbohydrates should provide about half to two-thirds of caloric energy intake:
   - True
   - False

4.) To reduce body-fat and maintain optimal health, most Americans should:
   - Radically reduce carbohydrate intake as in Low-Carbohydrate meal plans
   - Maintain a balance of all nutrients as in a holistic sense
   - Radically increase carbohydrate intake as in Carbo-Loading

5.) Carbohydrates are broken down and transformed into:
   - Simple proteins
   - Simple fats
   - Simple sugars

6.) After supplying Glucose and Glycogen to the brain, nervous system, muscle and liver, the excess is converted into:
   - Fat, and stored throughout the body as a reserve source of energy
   - Water, and stored in the bladder as a reserve source of energy
   - Chlorophyll, and stored in the brain as a reserve source of energy

7.) Carbohydrate snacks that contain large amounts of refined sugars promote:
   - A sudden rise in body-fat often followed by an “insulin spike”
   - A sudden rise in blood-sugar often followed by an “insulin spike”
   - A sudden change in blood type often followed by an “insulin spike”
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8.) An “insulin spike” rapidly lowers blood-sugar levels:
   □ True
   □ False

9.) Following an “insulin spike” most people feel:
   □ Happy, excited and ready for action
   □ Fatigued, nervous and sometimes dizzy with a headache
   □ Strong, aggressive and ready for a workout

10.) A total lack of carbohydrates can result in:
    □ Ketosis
    □ Loss of energy
    □ Depression
    □ Breakdown of lean body tissue
    □ All of the above

11.) The body can only store a limited amount of Glycogen:
    □ True
    □ False

12.) About one-third of the body’s supply of glycogen is stored in the liver. The rest is stored:
    □ In the stomach
    □ In the muscles
    □ In the brain

Notes:
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