

Carbohydrate



What do you need to know?

- What is carbohydrate.
- The different types
- The functions fo carbohydrate
- Where it can be found
- How is metabolics of carbohydrate in body.

Carbohydrate can be divided up into 3 groups



- Sugar
Glucose + Sucrose



- Starch
Disacharides



- Cellulose

Carbohydrate - Sugar

Sugar

Chocolate
Sweets
(Mars Bars)
(Fruit pastels)

Sweet drinks
(Orange Squash)
(Irn Bru, Cola)

Breakfast cereal
-Sugar Coated
(Frosties)
(Coco Pops)



Why do we need carbohydrate?

- To give us energy

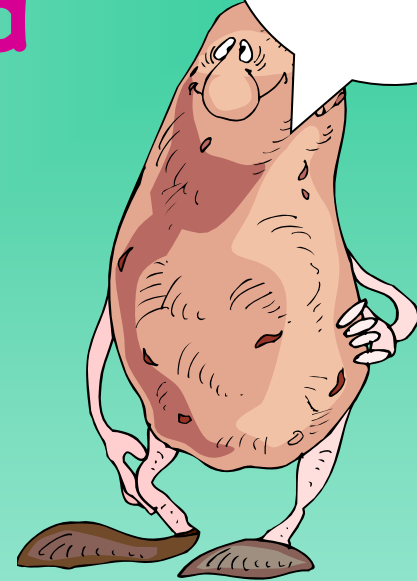
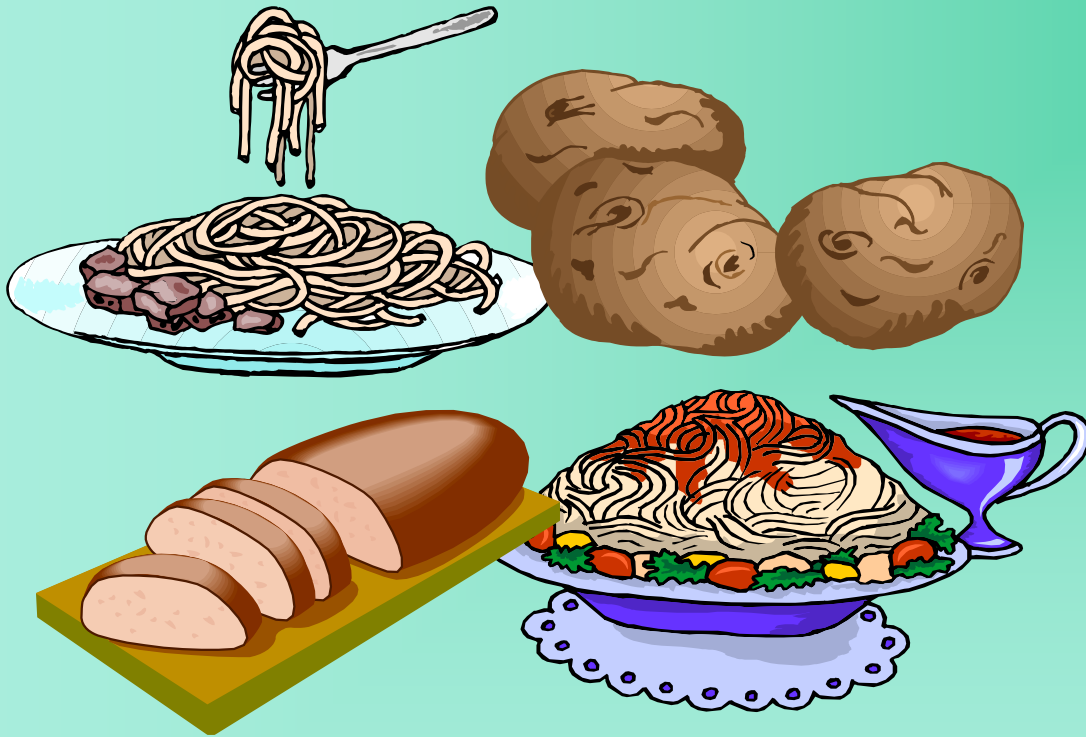


How?

- Sugar and starch provide us with the energy we need for all activities

Starch can be found

Pasta, Rice , Potatos
Bread



Cellulose can be found

- Semua sellulosa berasal dari tanaman.
- Banyak ditemukan dalam makanan berserat

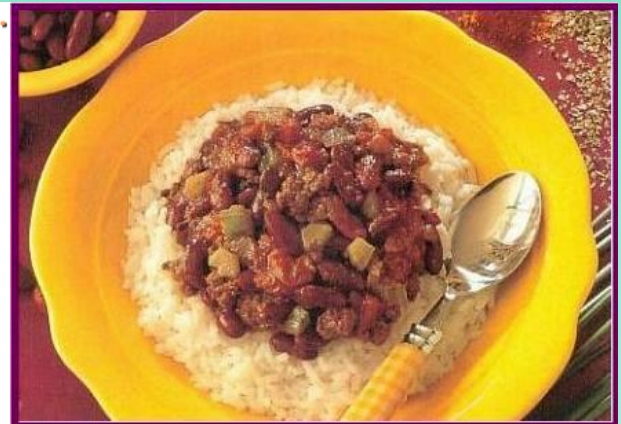


Meals that are high in carbohydrate



► **Mozzarella Pasta Bake**
Prep: 15 min. Bake: 14 min.

It won't be beans on toast forever...



Terlalu banyak
Carbohydrate akan diubah
menjadi lemak dan disimpan
dibawah kulit sehingga
menyebabkan gemuk.

