Chapter 4 study guide

1. What are Monosaccharides?
2. What are Disaccharides? Can you name the monosaccharides in each pair?
3. What are Polysaccharides? What are Polysaccharides composed of?
4. What is condensation or dehydration synthesis? What is hydrolysis?
5. Can you list the enzymes that break down various carbohydrates?
6. Describe the process of carbohydrate digestion and absorption.
7. What is Lactose Intolerance?
8. What are Starch and Glycogen
9. Describe why starch can be digested by the human digestive system but not fiber even though both are made from sugars.
10. What are good Fiber sources? What are the functions of soluble & insoluble fibers?
11. What occurs with Carbohydrate Metabolism in the body?
12. What is the Glycemic Index?
13. What Hormones control the metabolism of glucose in the blood?
14. Describe how the hormones control the metabolism of glucose in the blood.
15. What are the two types of Diabetes and how do they differ?
16. Describe the various sugar substitutes and alternative sweeteners.

Also use study guide at the end of each chapter!