

THOUGHT QUESTIONS ON CARBOHYDRATES

1. What is the difference between glycogen and all the other forms of carbohydrates?
2. Why must the human body digest each type of carbohydrate **except** the monosaccharide?
3. Why can you gain weight from eating too much carbohydrate even if you don't eat **any** fat?
4. If your body cells, especially the nervous system, need a constant supply of carbohydrate, how is it that you can keep going all day without having eaten any breakfast or lunch?
5. What makes your body obtain **more** energy from a polysaccharide like corn, than a disaccharide such as table sugar?
6. What makes one type of carbohydrate more complex than another?
7. If you were stranded in the desert for three weeks with only water, why would you eventually begin to lose **muscle** tissue?
8. Why is it possible to obtain sufficient carbohydrate each day from the **worst**

possible diet?