

PASIR RIS CREST SECONDARY SCHOOL
NUTRITION AND FOOD SCIENCE 2025
SECONDARY THREE- HOLIDAY ASSIGNMENT

Name: (.....)

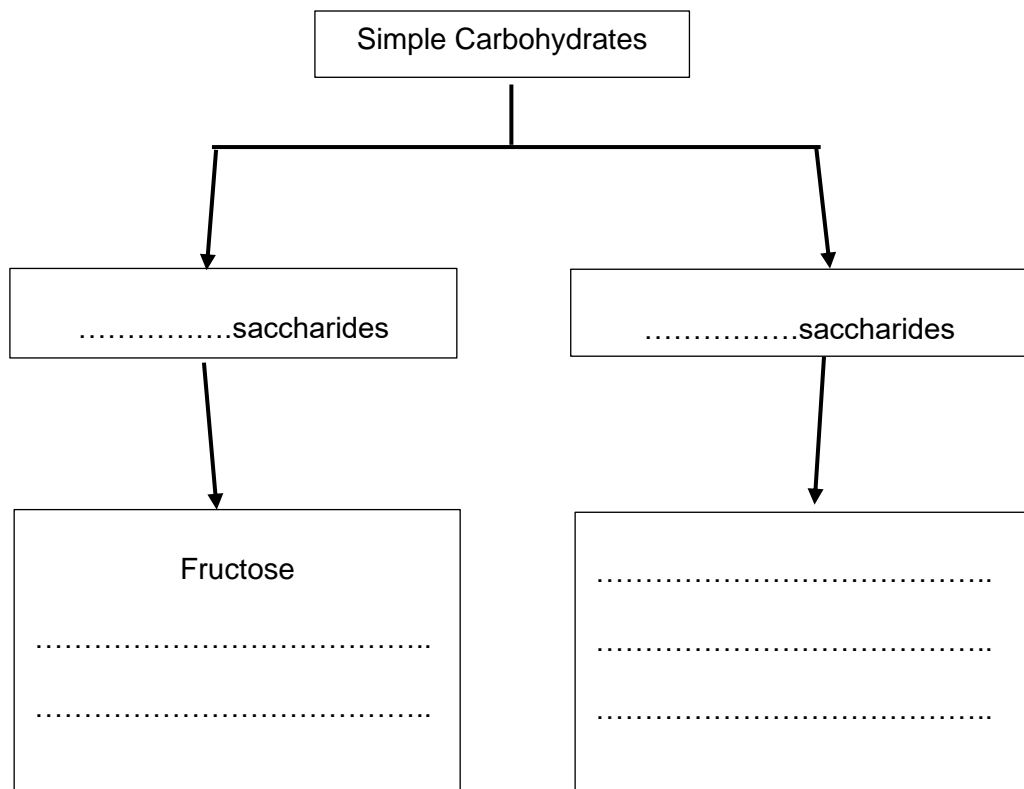
Date:

Class:

TOPIC: CARBOHYDRATES

Fill in the blanks with the most appropriate answers.

1. The chemical elements which make up carbohydrate molecules are,
..... and
2. When carbohydrates are digested, we get,
and
3. There are **two** main types of carbohydrates: simple and
- 4.



Answer the questions that follow:

5. Define the term *disaccharide*.

.....

.....

6. Complex carbohydrates are also known as polysaccharides. Define the term *polysaccharide*.

.....

.....

7. Of the three polysaccharides, **two** are dietary fibre. Name them.

.....

8. Define *starch* and give **four** sources of starch.

.....

.....

Four sources

.....

.....

9. What is the **main** function of carbohydrates?

.....

.....

10. State **another** function of carbohydrates.

.....

.....

11. Describe what happens when we consume excess carbohydrates.

.....

.....

12. Below is a table showing the Glycaemic Index (GI) of some local food.

Food/Beverage	Mean GI
Ice Green Tea	50
Ice Lemon Tea	74
Chinese Carrot Cake	77
Waffle	46
Lo Mai Gai	106
Kaya Butter Toast	49
Nasi Lemak	66

Source; Glycaemic index and glycaemic load of selected popular foods consumed in Southeast Asia
Article in British Journal Of Nutrition · February 2015

(i) Define the term *Glycaemic Index* (GI).

.....
.....

(ii) Name the foods that have the highest and lowest GI.

Highest GI

Lowest GI

(iii) Health experts recommend that we consume more of foods of lower GI. Why do you think this is so?

.....
.....
.....
.....

End of Worksheet