**Carbs vs sugar: What’s the difference?**

**Read the text** on the following homepage and answer the questions below.

Carbs Vs Sugar: What’s The Difference And Why It Matters (atlasbiomed.com)

<https://atlasbiomed.com/blog/carbs-vs-sugar-what-is-the-difference/>

1. What diets advise against carbohydrate consumption?
2. What’s the main function of carbohydrates in the body?
3. What chemical elements are carbohydrates made of?
4. What’s determined by the chain length of carbohydrates?
5. Which carbohydrates are included in monosaccharides?
6. Where do disaccharides such as sucrose occur naturally?
7. From which raw materials are refined sugars obtained?
8. What are the risks of too much refined sugar consumption?
9. What are the differences that make polysaccharides digestible or indigestible?
10. What’s the name of indigestible polysaccharides?
11. Why are polysaccharides healthier than monosaccharides and disaccharides?
12. What counts as macronutrients besides carbohydrates?
13. How do refined carbohydrates affect blood sugar levels?
14. Which foods are rich in fiber?
15. How do complex carbohydrates affect our gut microbiome?
16. How much fiber is recommended per day?
17. Which organ consumes the most glucose?
18. Which sugar should be avoided or which foods?
19. What’s the role of insulin?
20. How does the body deal with too much sugar?
21. How does a constantly increased blood sugar affect the insulin balance?
22. What diseases are linked to refined sugar?

**WH-Questions**: Go back to the text and write down 3 or 4 WH-questions that are not mentioned above. Provide the correct answer to your questions.

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**True or false statements:** Read the text again and find out whether the statements are true (T) or false (F). Tick the correct answer and correct false statements.

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| **statement** | **T** | **F** | **justification** |
| Simple carbohydrates include polysaccharides. |  |  |  |
| Many popular foods contain added sugars that increase the risk of obesity, diabetes and heart disease. |  |  |  |
| Monosaccharides are made up of more than two sugar molecules.  |  |  |  |
| Carbohydrates, along with vitamins and minerals, are three essential macronutrients that the body needs to function.  |  |  |  |
| Refined carbs and processed foods with high amounts of added sugar have had all their fiber and essential nutrients taken away. |  |  |  |