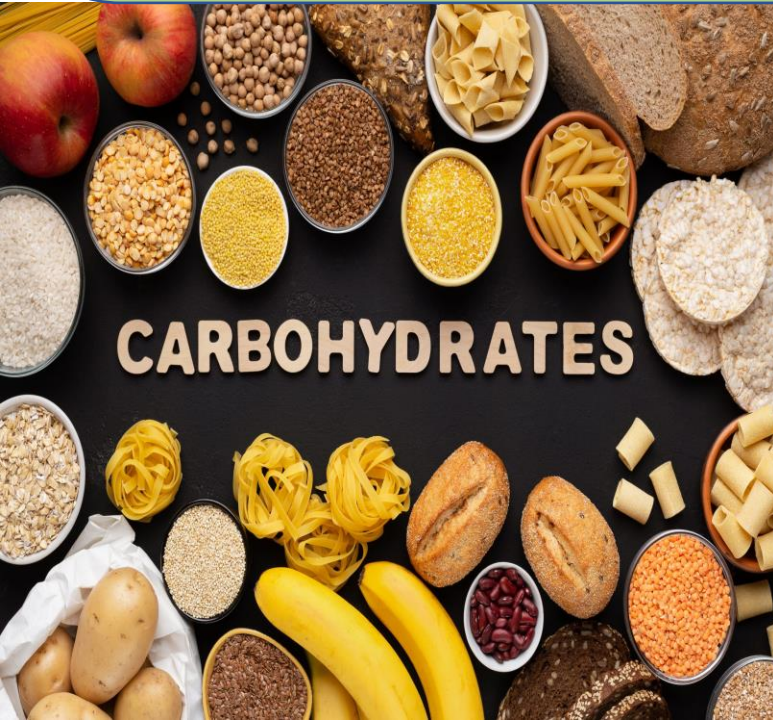
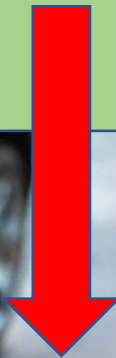
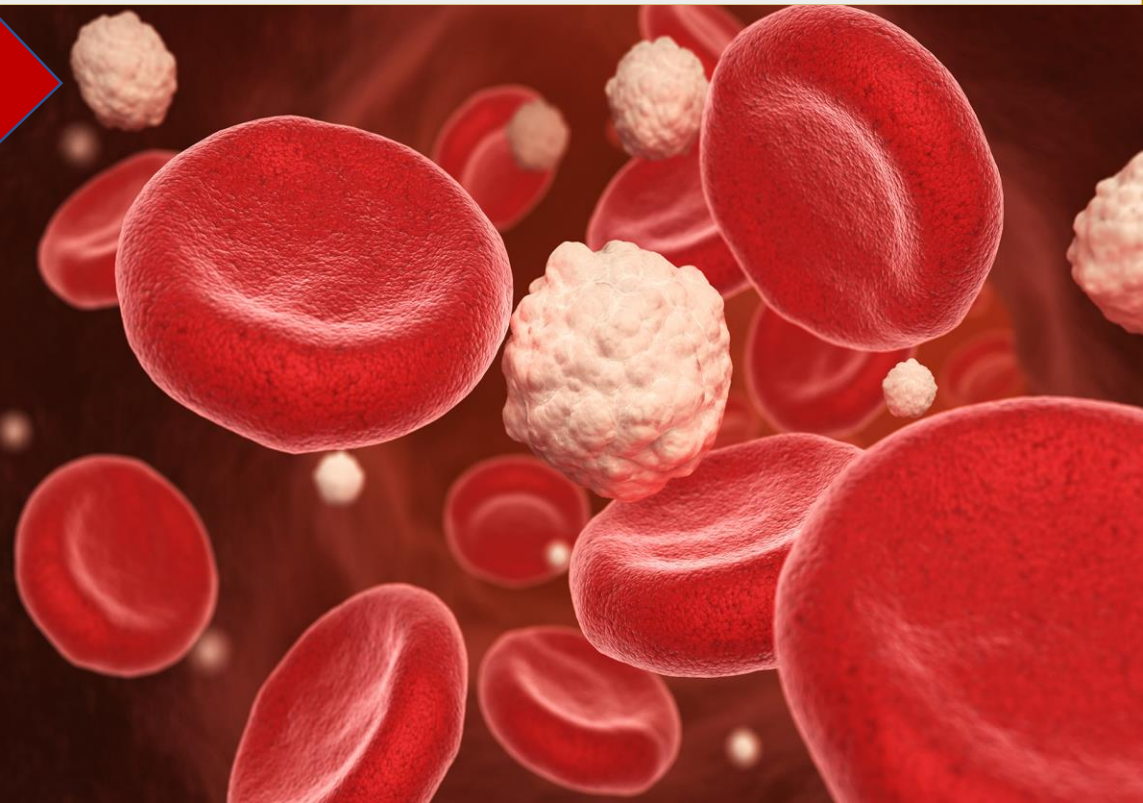
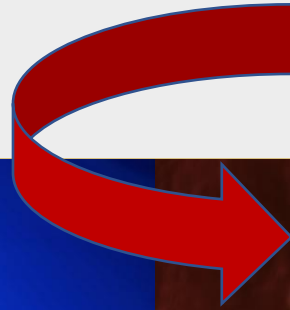
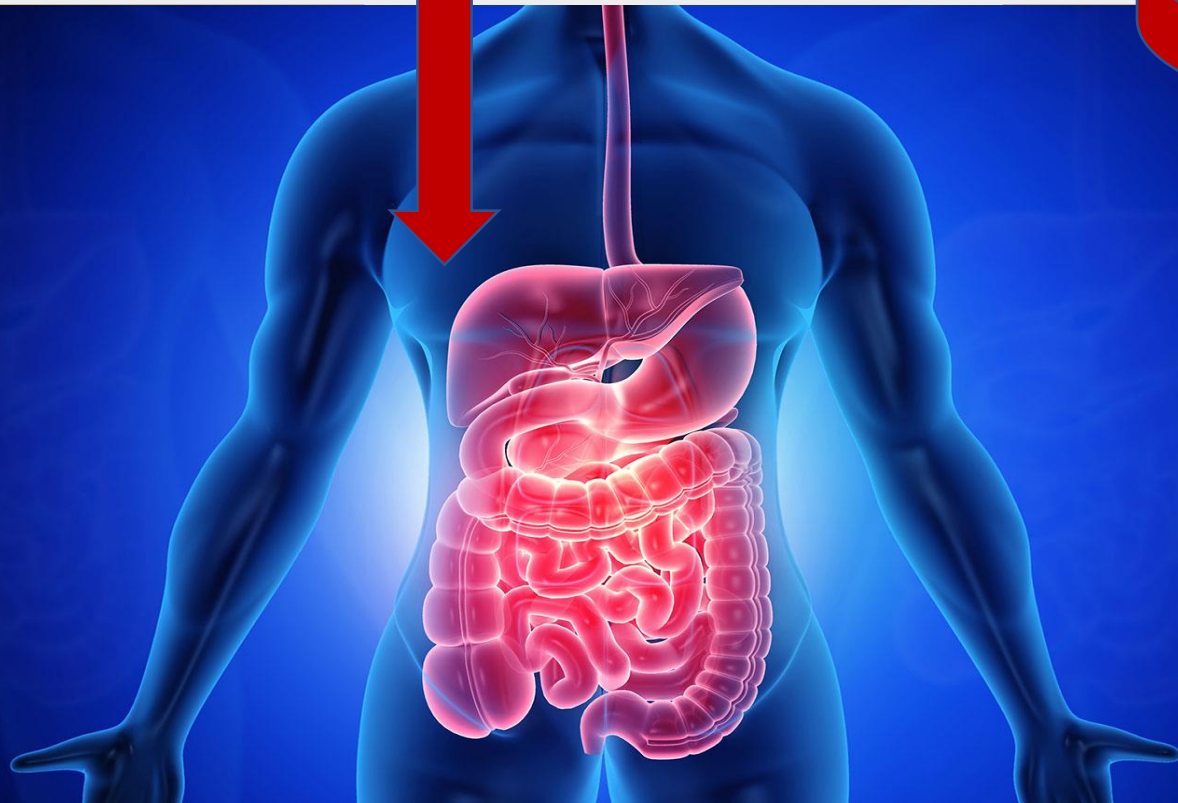


# Carbohydrates

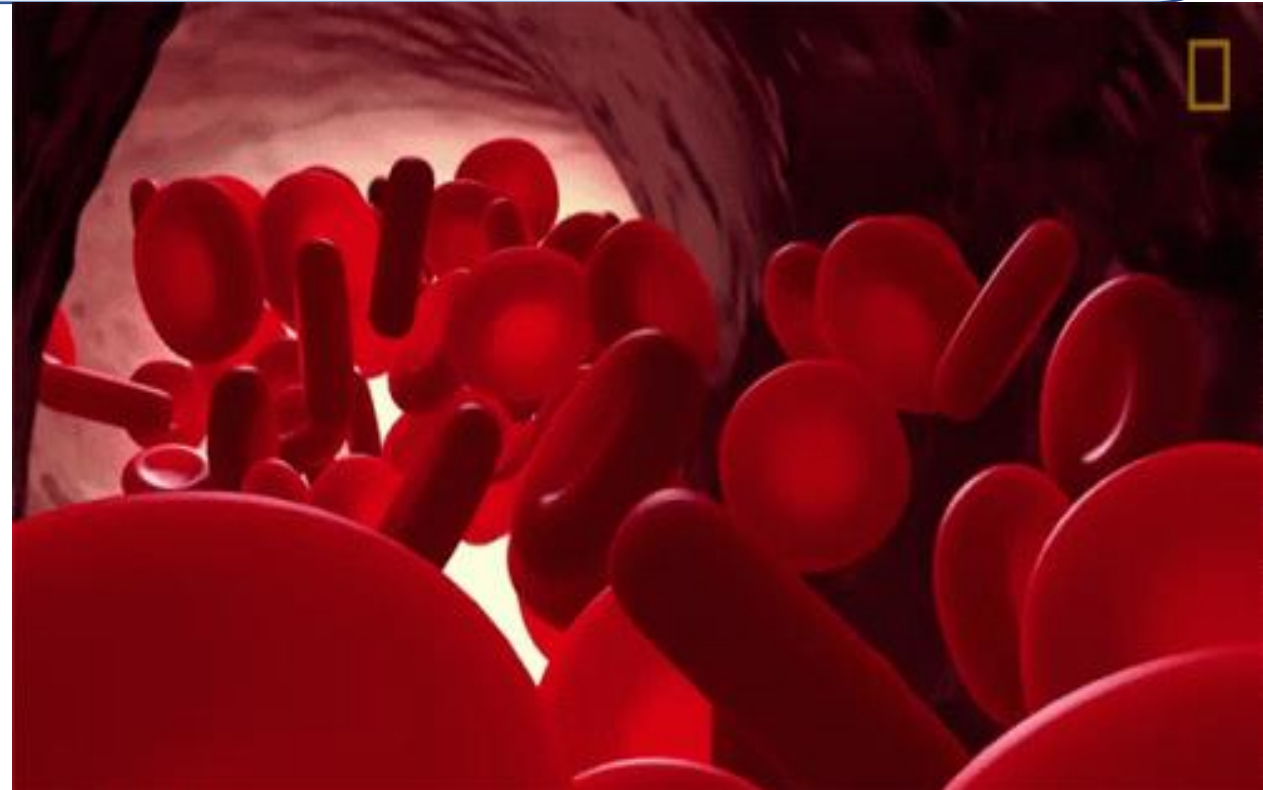
Carbohydrates are mainly used by body as fuel.



Digestion breaks carbohydrates into a simple sugar called glucose.



Glucose **is carried** in the blood to **provide(give)** energy for all our body parts.



An athlete(sports person)  
must eat plenty of  
carbohydrate before a race  
to provide the energy needed.



1) Glucose is carried in the blood to ...?

2) An **athlete(sports person)** must eat plenty of carbohydrate before a race to ...?

1

provide(give) energy for all our body parts

2

provide the energy needed.

A top-down view of various fresh fruits and vegetables arranged around a central white oval containing text. The background is a light-colored, textured surface. The produce includes several red tomatoes (some whole, some sliced), green leafy herbs, a bunch of green onions, a yellow banana, a white onion, a purple cauliflower, a green broccoli, a slice of orange, a slice of grapefruit, and some yellow corn cobs.

# Nutrition

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What Is It and  
Why Is It  
Important

what can you remember from  
Carbohydrates?

