Check Your Knowledge

At the end of this Lesson, you can now:
• Define the terms: monosaccharide, disaccharide and complex polysaccharide, and give examples of each
• Describe the sugars which make up sucrose, lactose and maltose and a bit about each
• Define the terms amylose and amylpectin
• Describe the stages of carbohydrate digestion and absorption
• Explain lactose intolerance
• List the two functions of carbohydrates in foods
• Rank sweeteners based on their relative sweetness value
• Describe what sugar alcohols and synthetic sweeteners are and why we might use them
• Describe the chemical makeup of aspartame and why this is important
• Describe sucralose
• Define the multi-sweetener approach
• List some ways in which carbohydrates add texture to foods and give some examples
• Describe in detail how HFCS is made
• Describe the process of making sugar from beets
• List the functions of dietary carbohydrates based on human physiology and functionality in foods.
• Choose food label terms which note that sweeteners are in a food
• List the steps in the manufacture of HFCS, including the enzymes and products for each reaction
• Describe the physiological functions of dietary fiber
• List sources and types of dietary fiber and the recommended amount that Americans should consume each day
• List ways to increase fiber in the diet
• Choose whole grain foods based on food label descriptions
• Describe the functions of dietary fiber as a food ingredient