

2017 Food Science-Carbohydrates

B Division

What is a pentose?

- a. An oligosaccharide produced in plants
- b. A monosaccharide with 5 carbon atoms
- c. A commonly used sugar free sweetener
- d. A complex carbohydrate that is required for human function

Which of the following is not true about galactose?

- a. Galactose is synthesized in the body
- b. Galactose is a monosaccharide
- c. Galactose is one of the monosaccharide that makes up the disaccharide lactose
- d. Galactose is much sweeter than glucose

Give the enzyme that is used in digestion of each of the following:

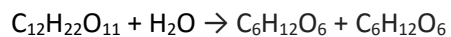
- 1. Starches
- 2. Maltose
- 3. Proteins
- 4. Lactose
- 5. Sucrose
- 6. Lipids

Which sugar(s) make(s) up sucrose?

What is the chemical formula for sucrose?

Which plant is used as a common source of sucrose?

What is the following chemical reaction an example of?



What is considered the “opposite” of the previous answer?

Name two monosaccharides.

Name one polyol.

Name a starch.

Given an equal amount of all of the following, which contains the highest fat content?

- a. Barley
- b. Spelt
- c. Sorghum
- d. Oats

Name 5 cereal grains.

What are “Ancient Grains”?

Name 4 Ancient Grains.

What is the chemical formula for maltose?

What chemical test can be used to detect starch in a sample?

What color does the sample turn if starch is present?

True or False: Simple Carbohydrates raise blood glucose slower because there are easy to digest.

What enzyme in the mouth helps digest starches?

BONUS/TIEBREAKER

Name the sugars that make up raffinose.

Identify the following sugars:

