

## Homework 11.3

1. **Answer** the following questions on carbohydrates.

a) Sugar is a ..... carbohydrate molecule. (1)

b) Starch is a large carbohydrate molecule made up of many ..... molecules joined together. (1)

c) Plants make starch to store ..... . (1)

d) When animals eat starch, starch is broken down into smaller molecules by a process called ..... . (1)

e) Starch can be broken down by two different chemicals: ..... and ..... . (2)

f) Enzymes work best at .....°C but enzymes are ..... at higher temperatures. (2)

2. **Answer** the following questions on fats and oils.

a) Fats & oils in our diet are obtained by eating both ..... and ..... . (1)

b) Fats & oils are a ..... concentrated source of energy when compared to carbohydrates. (1)

c) Fats & oils leave an ..... mark on a piece of filter paper. (1)

d) Saturates increase the levels of the chemical ..... in our blood and this can eventually lead to ..... . (2)

e) ..... are less harmful than saturates in our diet. (1)

f) In general, you should eat ..... fat in your diet. (1)

total  
15