

Nutrition module

ACTIVITY: THE CARBOHYDRATE CONNECTION

Crossword Puzzle

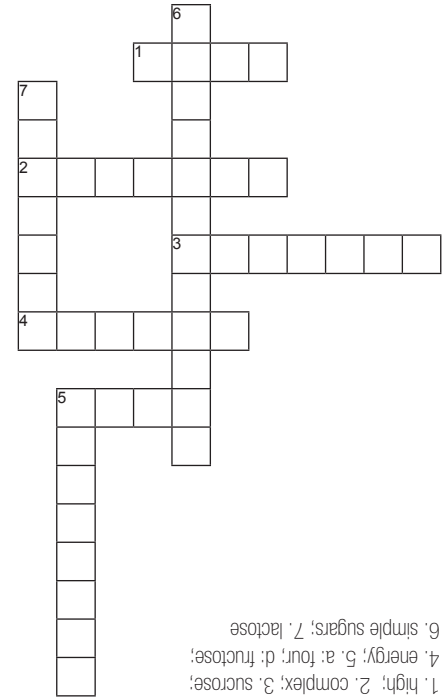
Now that you're an "expert" on carbohydrates, put your energy into the crossword puzzle below. Sharpen your pencil (or use a pen if you're really confident) and tap into some of the key points you learned in the *Counting on Carbohydrates* module.

Across

- For healthy meal planning, choose carbohydrate sources which are _____ in complex carbohydrates.
- Starches and fiber are examples of _____ carbohydrates.
- Another name for table sugar is _____.
- The main "job" of carbohydrates in the diet is to provide _____.
- Sugars and starches have _____ calories per gram.

Down

- The name of the simple sugar found in fruits is _____.
- Cookies, candy and cakes are examples of foods which are high in _____ (two words)
- _____ is the name of the sugar found in milk and other dairy products.



1. high; 2. complex; 3. sucrose;
4. energy; 5. a; four; d; fructose;
6. simple sugars; 7. lactose

Creative Meal Planning with Carbohydrates

If you sometimes get stuck in a "menu rut" when it comes to creative meal planning, try this idea: For each of the carbohydrate categories below, think of ways to incorporate that particular carbohydrate into daily meals. See how many different ways you can use and prepare each food. Get creative, and keep this list handy for future meal planning.

Bread	Breakfast: Lunch: Dinner:	<i>Whole wheat french toast topped with yogurt and fresh fruit</i> <i>Pita bread stuffed with white meat turkey, swiss cheese, lettuce, tomato</i> <i>Pumpernickel bread bowl filled with vegetarian chili</i>
Cereal	Breakfast: Lunch: Dinner:	
Pasta	Breakfast: Lunch: Dinner:	
Rice	Breakfast: Lunch: Dinner:	
Vegetables	Breakfast: Lunch: Dinner:	
Fruits	Breakfast: Lunch: Dinner:	