

A. Answer the following items briefly and concisely.

1. Describe two ways by which carbohydrates are classified.
2. Describe and discuss the biological functions of monosaccharides, disaccharides, and polysaccharides.



- B. Form into six groups. Your teacher will give or show each group at least three empty cartons and containers of cookies, chips, drinks, and other snacks that you are familiar with. As a group, examine the label in each box or container. Identify the ingredients that belong to carbohydrates and their respective categories. Discuss among yourselves how you are able to identify and classify the carbohydrate components of each snack or drink. Discuss also the consequences of taking too much amount of the snack or drink.