



Activity # 4

Eating the Right Carbohydrates!



Instructions: Sort the foods in the “carbohydrate food bank” into their appropriate categories. Students will have to decide if a particular food should be part of the simple carbohydrate or the complex carbohydrate category with the knowledge they learned in class.

Carbohydrates Food Bank	
Fruit juice	White pasta
White rice	Brown rice
Beans	Candy and chocolate
Dried fruits	Whole grain pasta
Bread, made from whole grain flour	All baked goods made with white flour
Oatmeal	Vegetables
Soda	Multi-grain cereal
Whole milk	Cake
Fruits	Skim milk
Honey	Bread, made from white flour



Simple Carbohydrate

Complex Carbohydrates





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Answer Key



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Honey	Bread, made from white flour



Simple Carbohydrate

- Fruit juice
- White Rice
- Soda
- Whole milk
- Honey
- White pasta
- Candy and chocolate
- All baked goods made with white flour
- Cake
- Bread, made from white flour

Complex Carbohydrates

- Beans
- Dried Fruits
- Bread, made from whole grain flour
- Oatmeal
- Fruits
- Brown rice
- Whole grain pasta
- Vegetables
- Multi-grain cereal
- Skim milk

