

Chapter 8+ 9 Test: Simple + Complex Carbohydrates REVIEW

Name: _____

Know Chapter 8 + 9 Vocab!

1. What are the elements found in carbohydrates? _____
2. What is the function of photosynthesis? _____
3. List three monosaccharides: _____
4. What can cause the hydrolysis of sugar? _____
5. A solution that holds more solute at a given temperature than normal is _____.
6. List three interfering agents: _____, _____, _____
7. What can you do to keep sugar crystals small when candy making? List three _____
8. List two candies that use ripening to create a smooth texture: _____
9. The beige color of evaporated milk is a result of _____.
10. What is glycogen? _____
11. Dietitians recommend that people consume no more than _____% of their calories from sugar.
12. List two ways to prevent dental caries: _____
13. Excess calories from sugar are stored in the body as _____.
14. What are starches? _____
15. The starch molecules that have the greatest thickening power are _____.
16. When is syneresis is more likely to occur? _____
17. The ability of some starch-water mixtures to thicken as they cool is called _____.
18. The test used by food scientists to measure the resistance to flow of a starch thickened mixture is called _____.
19. Name three factors does that affect the ability of starch to thicken. _____
20. Cellulose is indigestible but necessary for _____.
21. How many calories per gram are provided by complex carbohydrates? _____

22. What is pectin?

23. Line-spread sheets are used to test_____.

24. The leakage of liquid from a gel or paste as in ketchup and mustard is called _____.

25. Another name for fiber is _____.

26. The function of gums in food is _____.

27. List three functions of carbohydrates:

28. What can reduce a starch's thickening ability?

29. When is Retrogradation undesirable?

30. Compared with people in other countries, people in the U.S. have one of the (highest/lowest) carbohydrate intakes.

31. Lactose is a (monosaccharide/disaccharide) found in dairy products.

32. The more a person exercises, the (less/more) glycogen will be stored in their muscles.

33. Name five sources of sugar in the diet.

34. Explain the importance of monitoring temperature in candy production

35. List three functions of sugar in food and give an example of each.

36. Review the following line-spread test results of sols:

a. Cornstarch – 20, 26, 22, 22

b. Potato starch – 16, 18, 14, 16

c. Wheat flour – 22, 24, 18, 20

Which mixture is more viscous? How do you know?