

This activity will illustrate:

- Different sources of carbohydrates in the foods we eat
- Different tastes, textures and uses of carbohydrate containing foods
- The importance of different foods and food groups in our diet

Bring in examples of carbohydrate—energy sources of food (taste testing)

A Complex carbohydrates (starch)

- Whole grain, 100% whole wheat, 60% whole wheat, or white bread
- Rye bread or pumpernickel
- Wheat crackers and rice crackers
- Cooked potato
- Kidney beans
- Sunflower seeds

B Simple carbohydrates (sugars)

- Fruits such as apples, oranges
- Corn syrup, honey, table sugar
- Milk

Questions/discussion topics:

1. What are some of the differences between foods that have complex carbohydrates compared to those that have simple carbohydrates? (e.g. taste, sweetness, texture, how these foods are eaten, more nutrients in carbohydrate containing foods belonging to one of the four food groups than some foods that only contain added sugar such as soft drinks or candy)
2. What are the different complex carbohydrate foods you ate yesterday?
3. What are some of the sources of simple carbohydrate foods you ate yesterday?
4. What other foods can you think of that provide carbohydrates?
5. Carbohydrate containing foods belong in different food groups according to Canada's Food Guide. Have children place the carbohydrate containing foods that they've eaten (or the samples brought in) into the correct food group. Some simple carbohydrate foods such as corn syrup, honey, table sugar, maple syrup, candy, soft drinks, and fruit flavoured drinks belong to 'Other Foods', not to any of the four food groups because they do not contain many other nutrients.