

BOSS: CARB CLOUDSCAPE

PANQUAKES

40 POINTS

- Which of the following is an example of a complex carbohydrate?
 - Wheat bread
 - Apples
 - Ice cream
 - Bananas
- Which type of carbohydrate would you want to eat for quick energy? (1-3 hours)
 - Pasta
 - Complex carbohydrate
 - Simple Carbohydrate
 - Protein
- Foods that keep all three parts of their grain, thus having more fiber, vitamins and minerals are called?
 - Refined flour
 - Whole grains
 - Sugars
- Which of the following is an example of a simple carbohydrate:
 - Spinach
 - Pizza
 - Pasta
 - Apples
- How many grams of Total Carbohydrates are in one serving of Panquakes?
 - 42g
 - 115g
 - 22g
 - 70mg
- Of the Total Carbohydrates that Panquakes has in one serving, how many grams of those are sugars?
 - 4g
 - 22g
 - 30mg
 - 42g
- Sugar is an example of what kind of less healthy carbohydrate?
 - Fiber
 - Simple carbohydrate
 - Complex carbohydrate
 - Starch
- Which of the following ingredients for Panquakes is an example of a less healthy complex carbohydrate?
 - Sugar
 - White flour
 - Water
 - High fructose corn syrup

