

## Chapter 8

### Lesson 2-Carbohydrate

Carbohydrate is the highest in quantity among different nutrients of food that we take every day. Carbohydrate plays the most important role in supplying heat and energy to our body. All carbohydrates are made of three basic components-carbon, hydrogen and oxygen.

**Classification of Carbohydrate** – If carbohydrate is broken the simple sugar molecule is found. Based on simple sugar molecule carbohydrate is divided into three classes. Such as

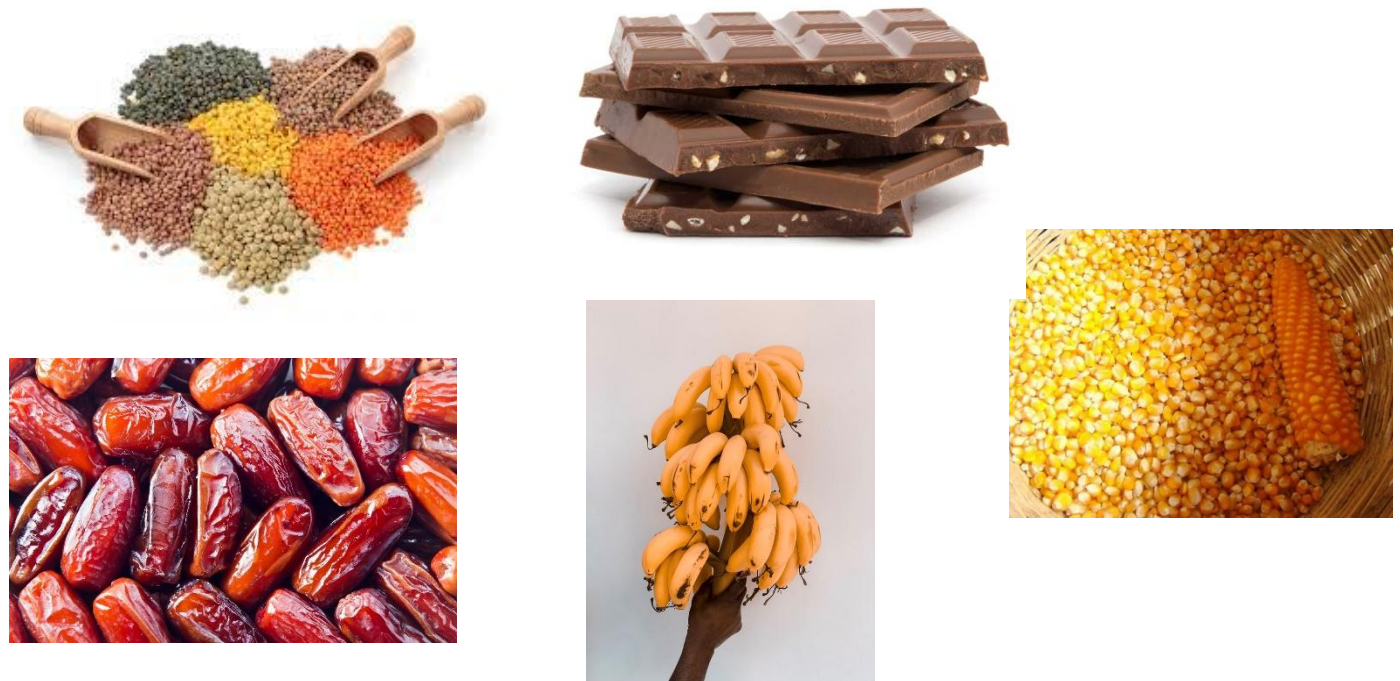
1. **Monosaccharide**- Carbohydrate made of only one sugar molecule is called monosaccharide e.g., glucose, fructose, galactose.
2. **Disaccharide**- Carbohydrate made of two monosaccharide or two simple sugar molecules is called disaccharide, e.g., sucrose, lactose and maltose.
3. **Polysaccharide**- When carbohydrate is broken and many units of monosaccharide are found, that is called polysaccharide, e.g., starch, glycogen and cellulose.

#### Sources of carbohydrate

Foods containing carbohydrate according to its amount from the highest to the lowest

1. Sugar, molasses, sugar-candy, candy, chocolate, sweet meats.
2. Sagu, corn flour
3. Rice, barley, wheat, maize
4. Potato
5. Different kinds of dry fruits, e.g., dates, raisin, etc.
6. Different kinds of lentils, soya bean, nuts.
7. Fresh fruits, grapes, banana, apple, mango, jackfruit, pineapple etc.

50% to 60% of total calorie that we need everyday should be taken from the food containing carbohydrate.



*Image: Different kind of food containing carbohydrate*

### **Functions of carbohydrate**

1. The main function of carbohydrate is to supply calorie or energy to the body.
2. Cellulose like carbohydrate helps to get relief from constipation.
3. Glucose like carbohydrate plays an important role as the only fuel for keeping the brain to work.

### **Results of the deficiency of carbohydrate in a body**

There is a deficiency of calories in the body. As a result, the body becomes weak and the energy for doing any normal work is decreased.