

### Cryptic Carbohydrates

Fill in the blank spaces with the appropriate terms to complete the sentences. Solve the hidden message by entering the boxed letters in the spaces at the bottom of the page.

1.  \_ \_ \_ \_ \_  
are identical in chemical composition but differ structurally.
2.  \_ \_ \_ \_ \_  
is a polymer of glucose and serves as a source of dietary fiber for humans.
3. \_ \_ \_ \_ \_  \_  
are an inexpensive and widely available source of energy for our bodies.
4. \_ \_  \_ \_ \_ \_  
is a disaccharide found in cow's milk.
5. \_ \_ \_  \_ \_ \_  
is a disaccharide composed of glucose and fructose.
6. \_  \_ \_ \_ \_  
is a starch that has gelling properties and is used in making jams and preserves.
7. Glucose is a  \_ \_ \_ \_ \_ .
8. The  \_ \_ \_ \_ \_  
reaction is a nonenzymatic browning reaction that occurs when foods are roasted or baked.
9. \_ \_ \_ \_ \_  
bonds chemically join two or more monosaccharide molecules.
10. Carbohydrates are the primary products of plant  
\_ \_ \_ \_ \_ .

#### HIDDEN MESSAGE:

A polysaccharide called carrageenan is a seaweed extract. Carrageenan is used as a stabilizer in what popular frozen dessert product?

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## **Solution for Cryptic Carbohydrates**

1. ISOMERS
2. CELLULOSE
3. CARBOHYDRATES
4. LACTOSE
5. SUCROSE
6. PECTIN
7. MONOSACCHARIDE
8. MAILLARD
9. GLYCOSIDIC
10. PHOTOSYNTHESIS

HIDDEN MESSAGE: ICE CREAM