**LQ**

What is a calorie?

What must you balance your calories with to achieve or stay at wellness?

What is a carbohydrate?

The two types of carbohydrates are

a.

b.

A simple carbohydrate gives you \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_ energy.

Draw a picture depicting simple carb energy:

A complex carbohydrate gives you \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ energy.

Write one word to describe the energy released from Complex carbohydrates.