

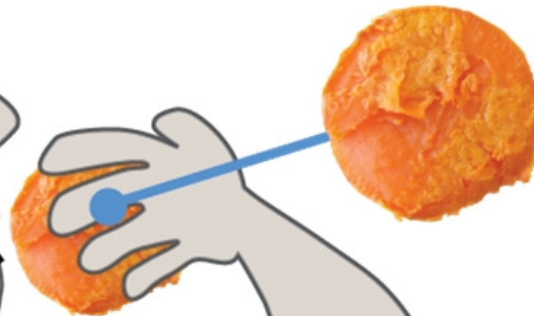
Digesting carbohydrates

1 Raw sweet potato before cooking



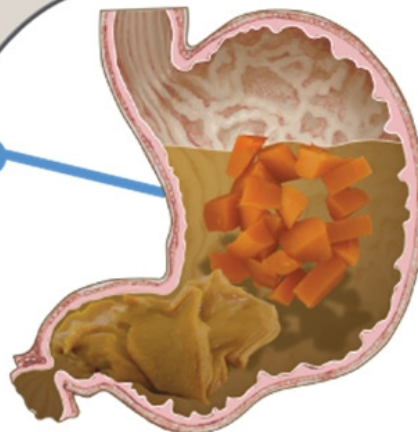
2

You eat cooked sweet potato



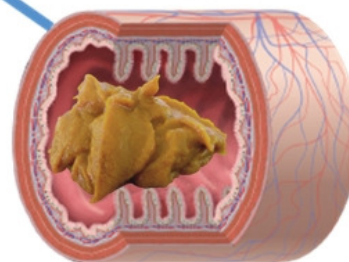
3

The cooked sweet potato is mashed up and becomes a paste in your stomach



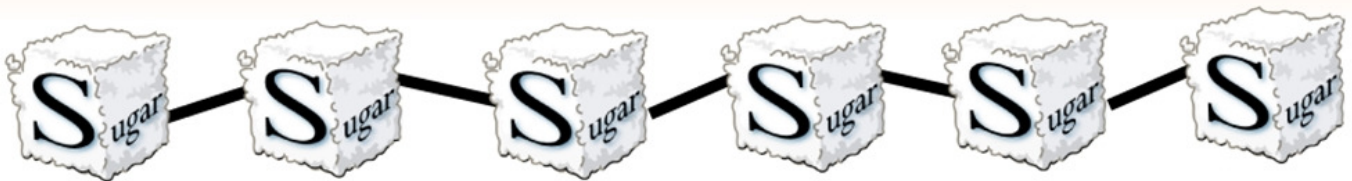
4

The carbohydrate in the sweet potato is broken down into sugar in your gut

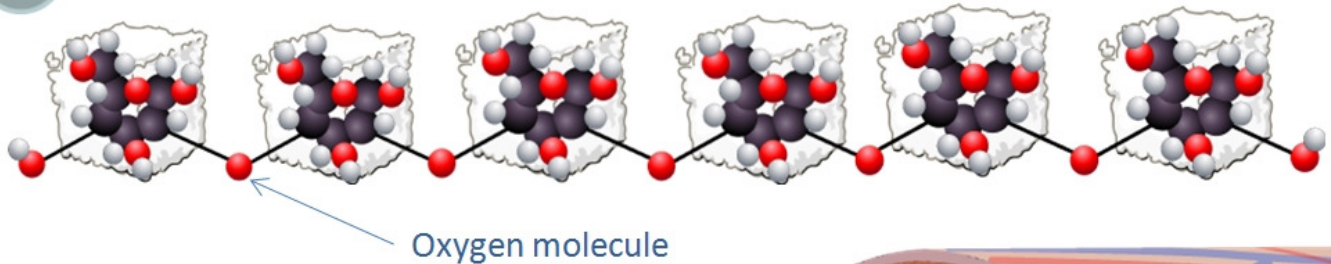


Breaking down the carbohydrate

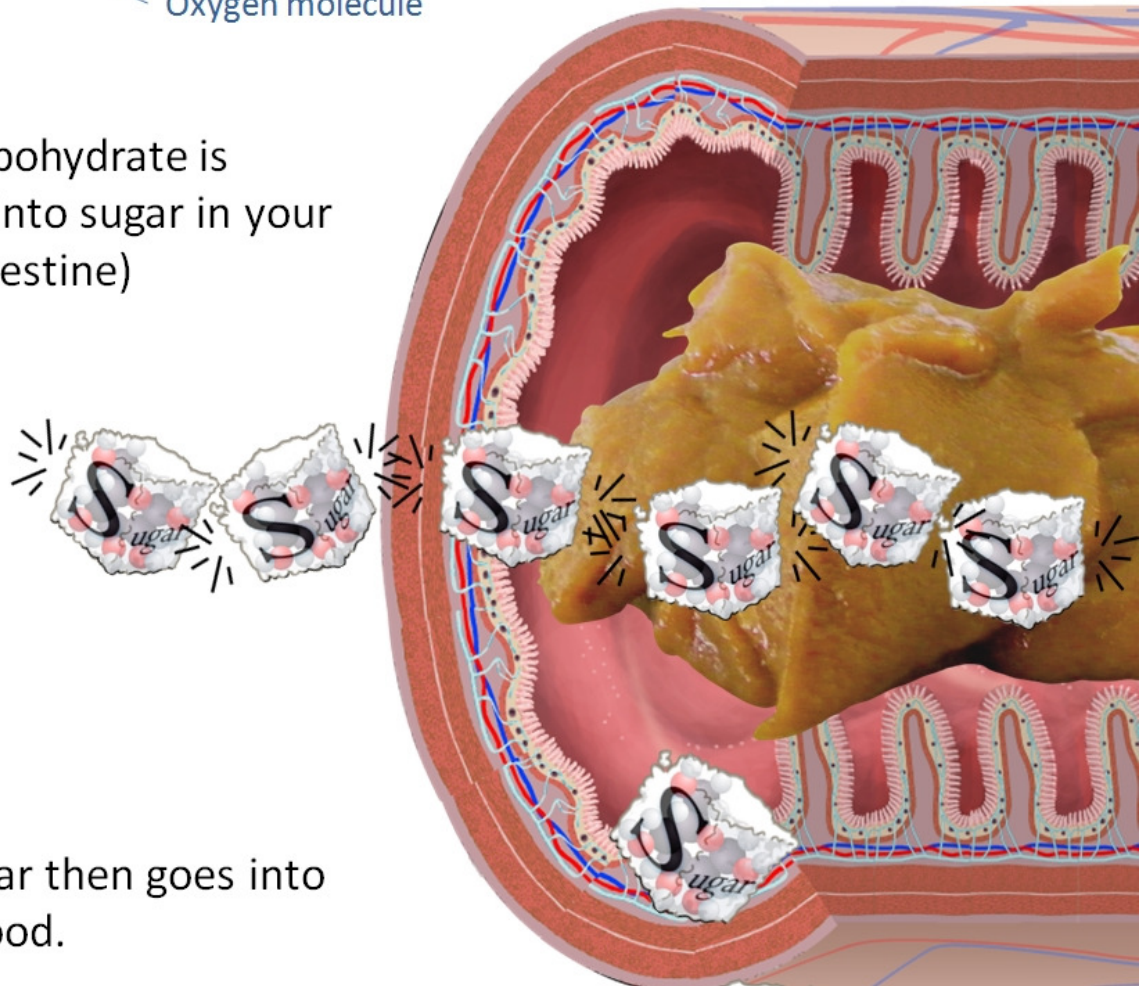
1 Carbohydrates are made of long chains of sugar



2 The chains are linked together by an oxygen molecule



3 The carbohydrate is broken into sugar in your gut. (intestine)

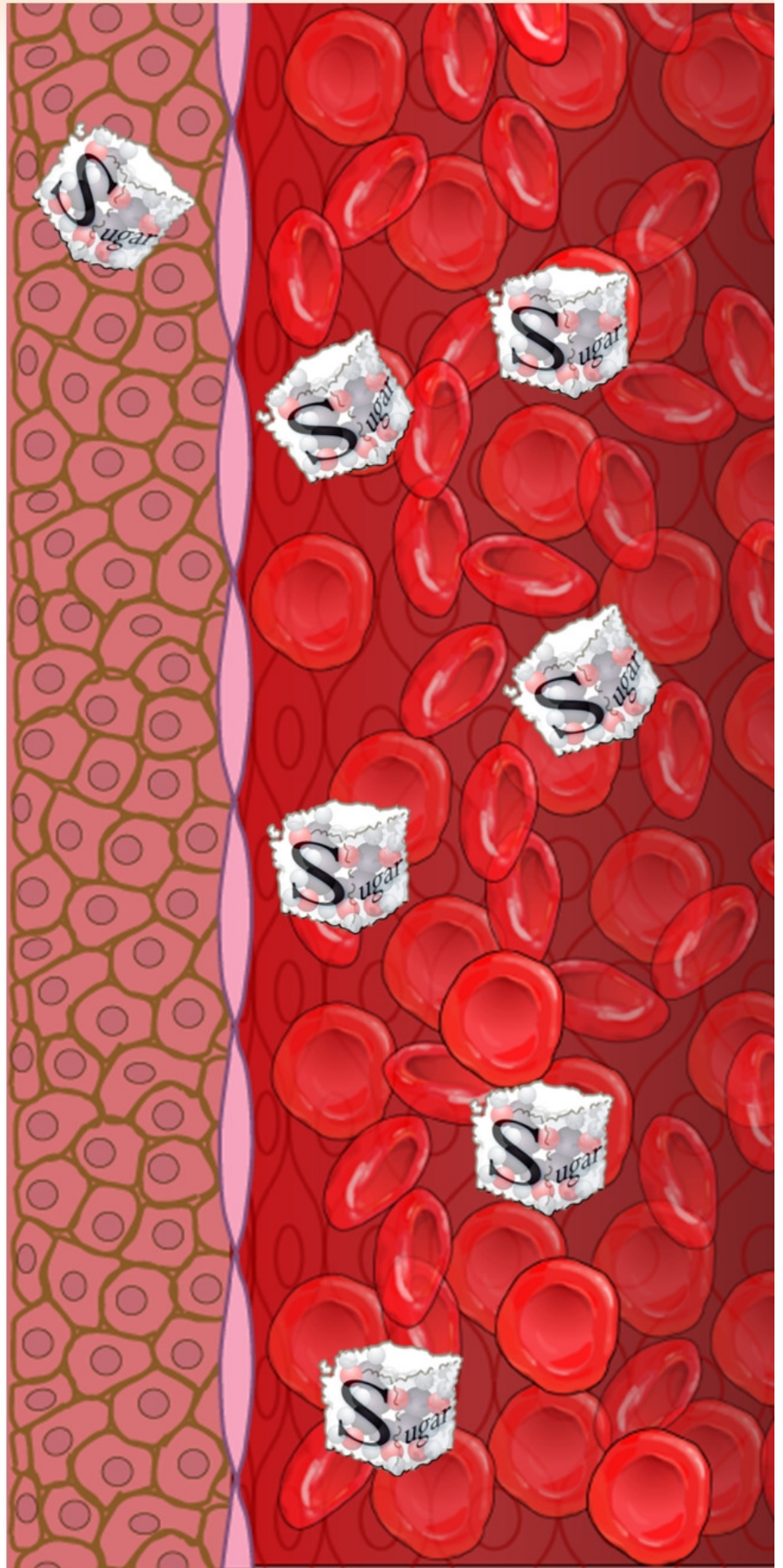
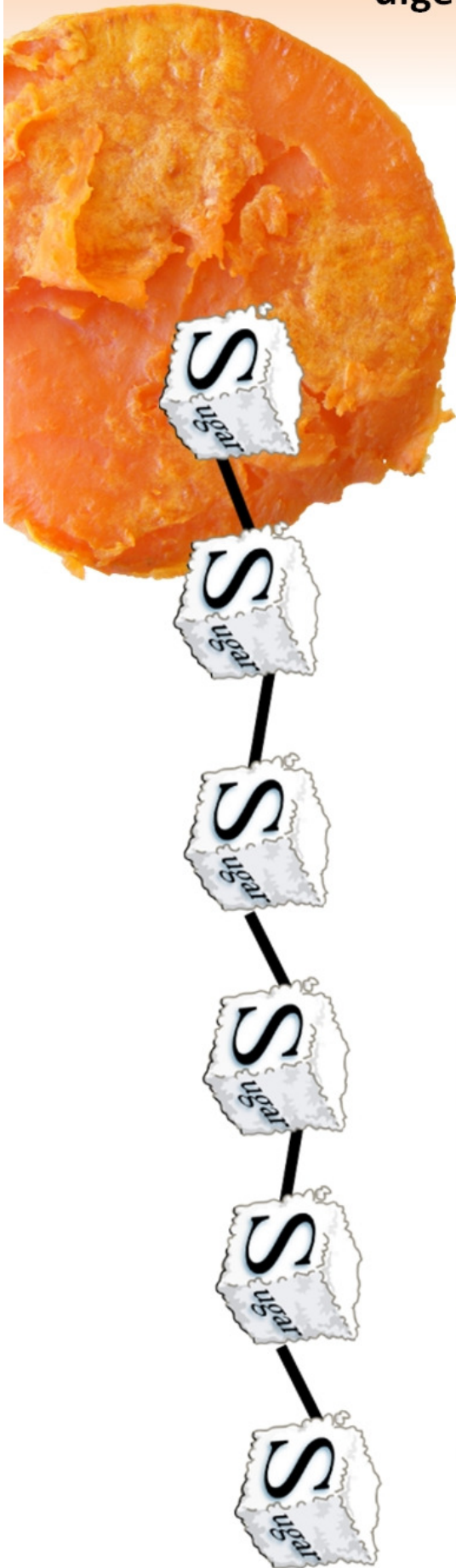


4 The sugar then goes into your blood.



1

The carbohydrate from the sweet potato is digested & the sugar goes into your blood



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Purpose of resource:

To describe how carbohydrates are digested.

Target group:

This resource is designed to be used by Australians of all ages.

Notes:

This resource is designed to be printed A3 size and then laminated.

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