



## DISSOLVING CARBS

Different carbs break down in different ways once we eat them.

### Materials

- Small lumps of refined sugar
- Grains of rice
- Cup of water



### Procedure

- Put both the sugar and grains of rice in the cup of water at the same time and observe them.
- You may want to gently stir the contents to speed up the results.
- Does the sugar dissolve quickly? Is the rice still left when the sugar is all gone?

### Results

Simple carbs, like the refined sugar, dissolve very quickly in liquid, whether it's the cup of water or our bodies. Complex carbs, like the rice, take much longer to break down in liquids. The longer carbs take to break down, the more evenly the energy from the carbs is distributed over time.

### Why?

Carbohydrates give us energy, but they come in two very different forms. Simple carbs are used quickly and provide short bursts of energy. They come from things like refined sugar, fruit, and milk. Complex carbs are broken down slowly and provide long-term, steady energy. They come from grains like bread, pasta, crackers, and rice. They both affect our bodies differently, and we should always think about what kinds of carbs are in our food before eating it.