

**Full Name:** .....

**Class:** ..... **Date:** .....

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## Essential nutrients - Carbohydrates

Write down typical breakfasts, lunches, teas/dinners and snacks here. Think about what you've eaten today or what you ate yesterday, or write down favorite meals.

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Now write down the types of carbohydrates you have found in your diet.

## Starchy carbohydrates

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## Non-starch polysaccharides (NSPs)

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## Sugars

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