**Carbs Questions**

1. What do carbohydrates convert into?
2. What kind of carbohydrate is better for you?
3. Which carbohydrate is faster to digest?
4. What is the difference between simple and complex carbohydrates?
5. An apple and a candy bar both contain sugar. Why then is an apple a better choice nutritionally?
6. Which is better for you, a whole grain bagel or white bagel? Why?

8. Are carbs and grains the same thing?