1. Carbs are changed to glucose.
   Glucose is blood sugar!

2. Glucose is like "gas" for your cells.
   Fill 'er up!

3. Extra glucose is changed into glycogen. If all the glycogen "storage places" are filled then...
   No room! We're all filled up!

4. ...glucose turns into FAT

Carbohydrates are fuel!

Glue these ovals to the inside of your booklet in 1-4 order.

Cut out the ovals, but keep them connected. Fold them so that they make an "accordion-style" booklet.

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