

Glucose (simple carbohydrate)

Glucose is the core building block for all carbohydrates and most abundant of the sugars. In its most basic form, a single glucose molecule is called a monosaccharide. This is the form of glucose that is transported into the blood and delivered to all the cells in the body. Cellular respiration is the process that converts glucose into energy we need to do our daily activities.

Disaccharides (simple carbohydrate)

Disaccharides form when two monosaccharides are joined together. For example, when one **glucose** molecule bonds with one **fructose** molecule, they create a new unit called **sucrose**.

Polysaccharides (complex carbohydrate)

Polysaccharides form when multiple monosaccharides join together. They are known as 'complex sugars' and there is a massive variety of them. What differentiates one polysaccharide from another is the way the arrangement, number of monosaccharides and way in which glucose molecules are joined together.