

STARCH

Meaning: Starch is a carbohydrate that serves as a major energy source for living organisms and is commonly used as a thickening agent in cooking.

1. Starch is a vital source of energy for many living organisms.
2. The chef decided to thicken the sauce with cornstarch for a smoother texture.
3. Many staple foods, such as potatoes and rice, are rich in starch.
4. In biology, starch serves as a storage form of carbohydrates in plants.
5. The nutritionist recommended limiting foods high in refined starch to maintain balanced blood sugar levels.
6. Starch is an essential carbohydrate found in many staple foods.
7. When heated in water, starch granules swell and thicken the mixture.
8. Potatoes and corn are two common sources of starch used in cooking.
9. The body breaks down starch into glucose, providing energy for daily activities.
10. Many food manufacturers use modified starch as a thickening agent in their products.
11. Starch is commonly used as a thickening agent in soups and sauces.
12. Many plants, such as potatoes and corn, store energy in the form of starch.
13. The chef decided to add a little starch to the dish to enhance its texture.
14. In the food industry, starch is often modified to improve its functional properties.
15. Some people choose to avoid starches in their diet for various health reasons.