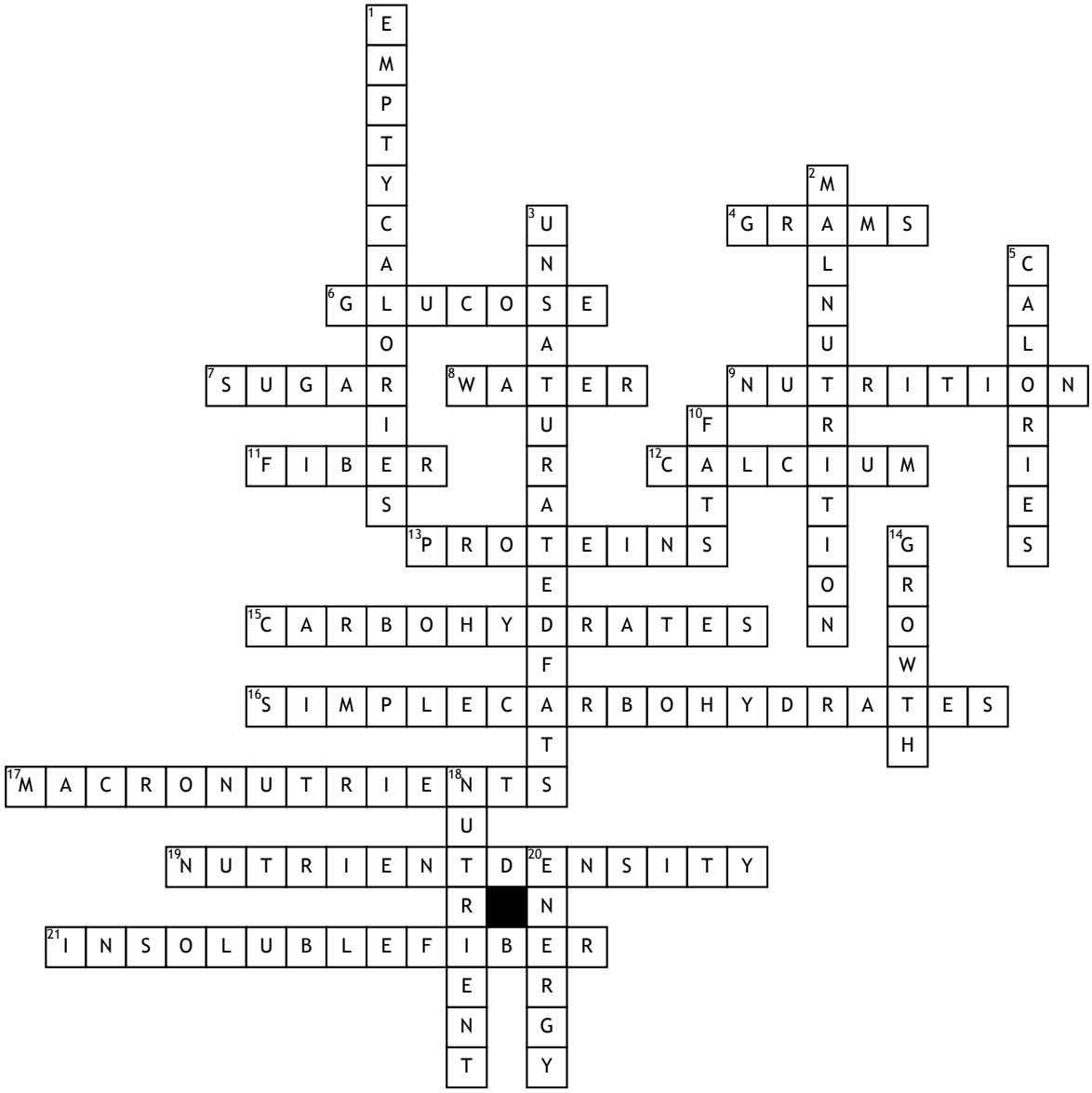
Name: _____ Date: _____

Macronutrients



Across

4. A metric unit of mass equal to one thousandth of a kilogram

6. A simple sugar that is an important energy source in living organisms and is a component of many carbohydrates

7. A simple carbohydrate hat makes things sweet

8. Forgotten nutrient

9. The process of providing or obtaining the food necessary for health and growth

11. This makes you poop

12. Teeth and bones contain the most of this

13. You get this from red meat

15. This can come in a simple or complex form

16. This is made of just one or two sugar molecules

17. A type of food required in large amounts in the human diet

19. Identifies the proportion of nutrients in food

21. Whole grain products and vegetables are sources of this

Down

1. Calories derived from food with no nutrients

2. Lack of proper nutrition

3. Fats or fatty acids that are liquid at room temperature

5. this unit is used as a measure of the energy released by food as it is digested by the human body

10. One of the three nutrients used as energy sources

14. The process of increasing in physical size

18. A substance that provides nourishment essential for growth and the maintenance of life

20. This is measured using calories