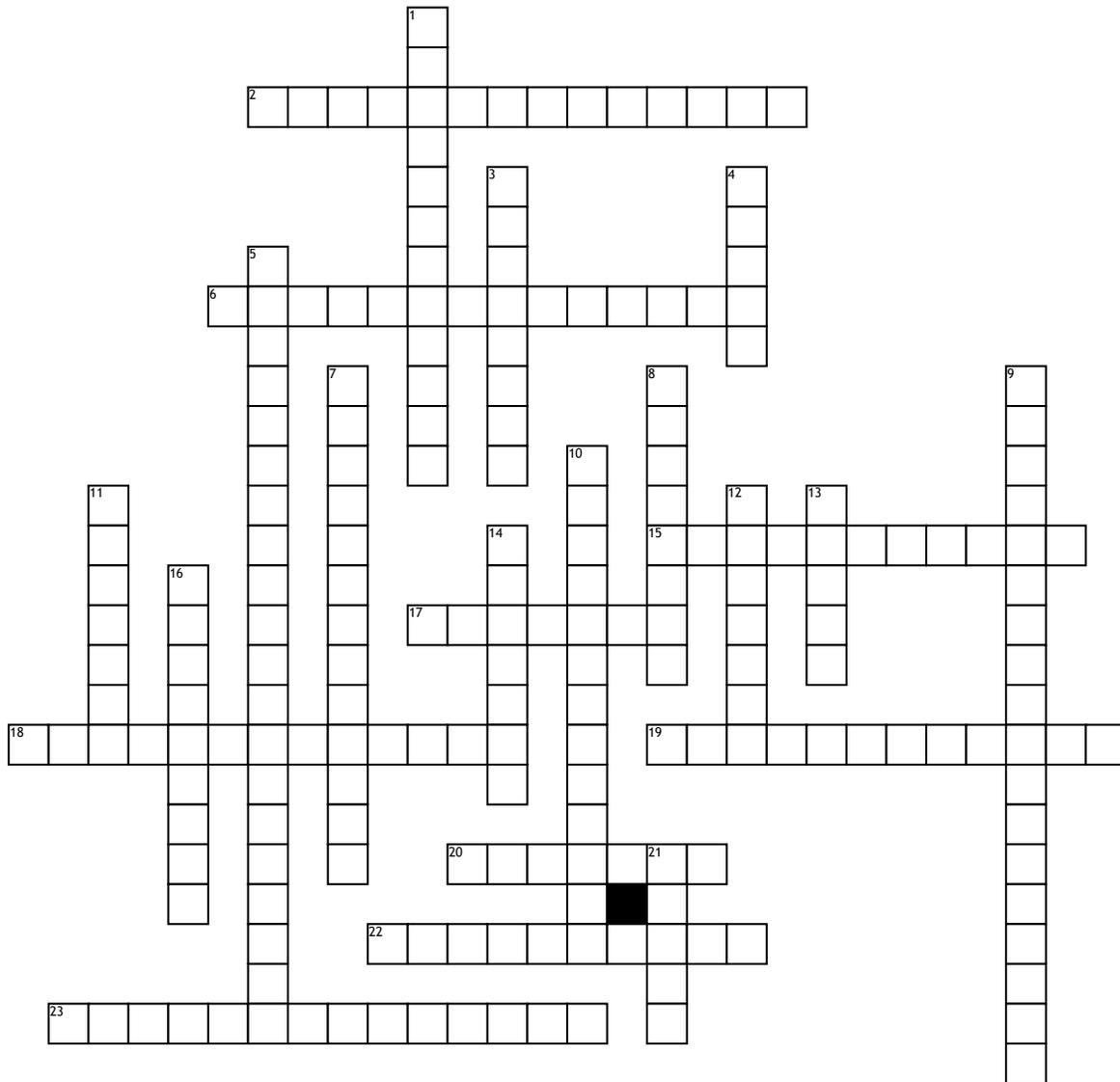


Name: _____

Date: _____

Carbohydrates Crossword



Across

- 2. is sugar made of several monosaccharides
- 6. is sugar with a single chemicle stucture
- 15. the green pigments in plants
- 17. found only in milk
- 18. found in sucrose lactose and maltose
- 19. teens need 26 to 38 grams of this per day
- 20. forms when starch is digested
- 22. is used to give a sweet taste to things
- 23. how a plant grows

Down

- 1. a combonation of two monosaccharides
- 3. a highly sweet sugar found in fruits
- 4. one of the three carbohydrates
- 5. has more vitamins and minerals and fiber than simple carbohydrates
- 7. teens and adults need 45% to 65% of this
- 8. found in glucose, fructose and galactose
- 9. has a simple chemicle structure

- 10. comes from mostly plant foods such as fruits and vegetables
- 11. helps break down disaccharides and polysaccharides
- 12. during digestion your body converts chrbohydrates into this
- 13. this body part consumes 20% of the body's energy
- 14. is found in fruits, sugar and beets
- 16. a not very sweet sugar found in fruits and vegetables
- 21. a complex carbohydrate