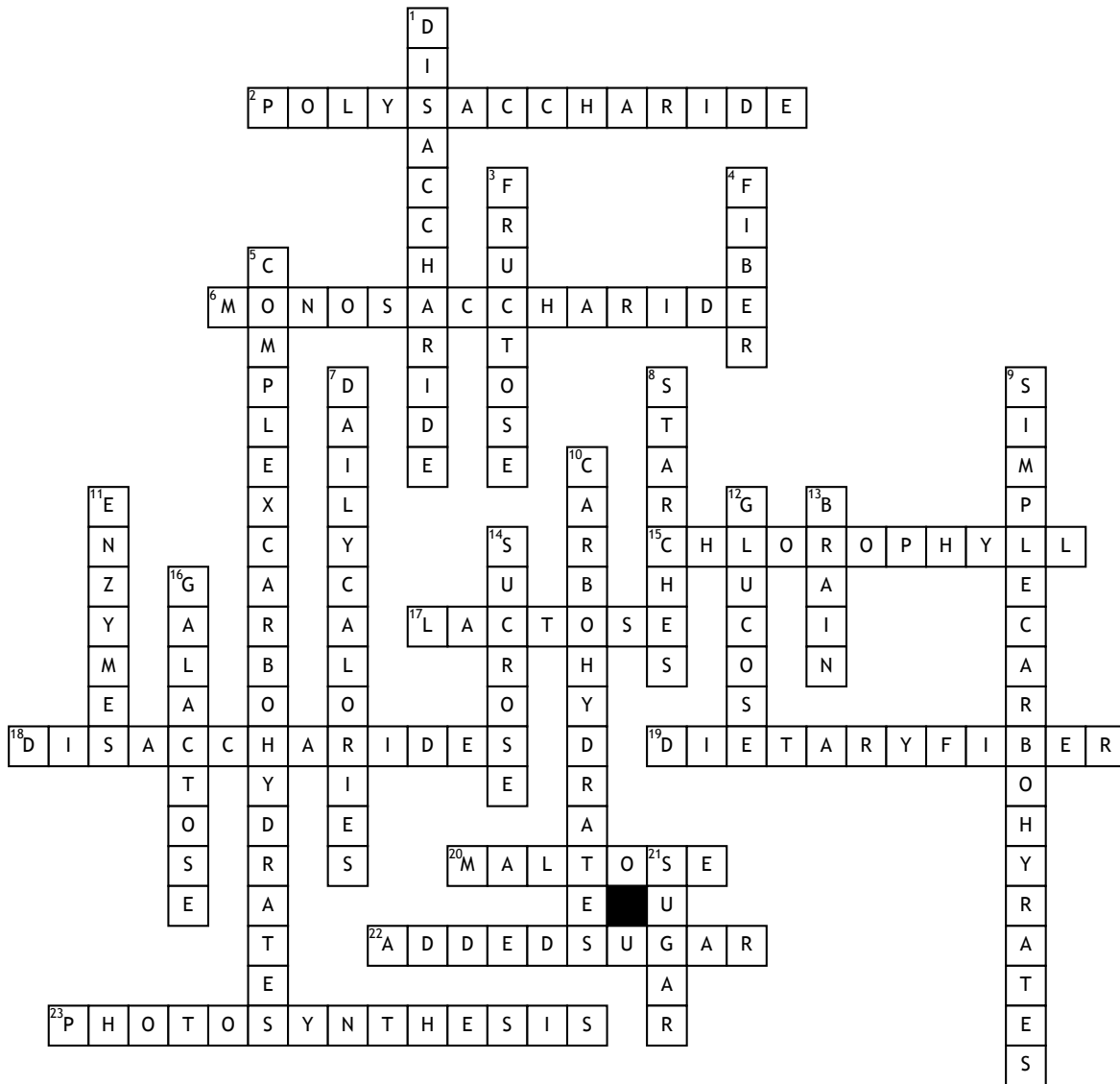


Carbohydrates Crossword



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 chrbohyrates 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