**Protein**

Across
16. What makes each amino acid unique
17. What proteins contain that fats and carbs do not
18. Cannot be made by the body

Down
1. The protein in wheat that people are allergic to
2. Adequate energy intake, but not enough protein
3. How amino acids are connected
4. Two foods that make up a complete protein
5. Altering a protein's natural shape
6. Offending substance that causes a reaction
7. Lacking all of the essential amino acids
8. Extreme weight loss
9. Building blocks of protein
10. Where protein digestion begins
11. Having excess H+
12. Plants that produce pods with a single row of seeds
13. Having too few H+
14. Only consumes plant-based foods
15. Common allergy for kids