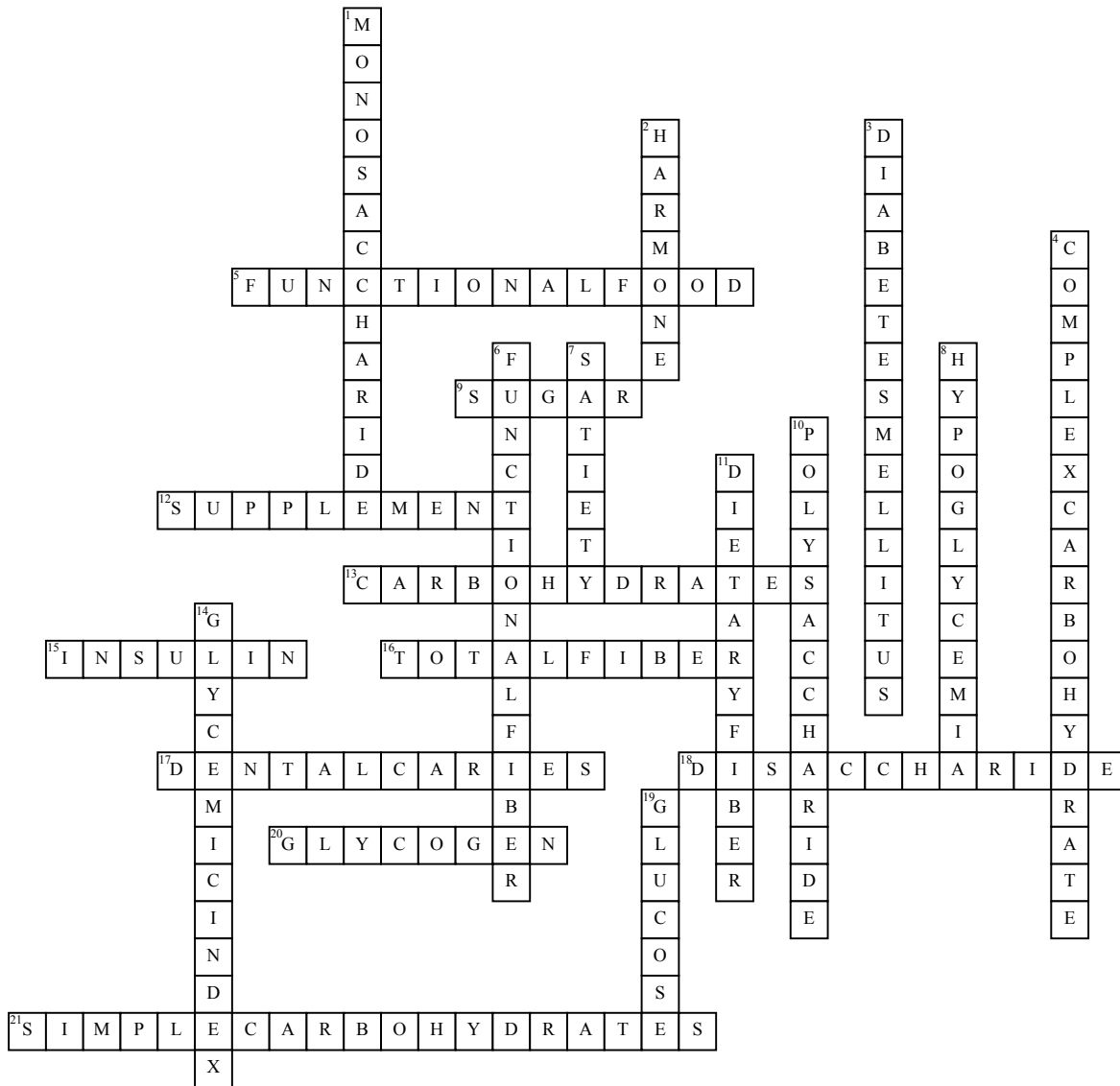


Name: _____

Date: _____

Carbohydrates



Across

5. food that has healthy additives
9. a collective term used to describe monosaccharides and disaccharides
12. a concentrated source of a nutrient in a pill, liquid, or powder form
13. one of the six essential nutrients and are your body's main source of energy
15. Hormone that helps the body lower blood glucose levels
16. the sum of dietary and functional fibers
17. tooth decay

18. carbohydrates made up of two sugar units

20. the body's storage form of glucose

21. simple molecular structures

Down

1. carbohydrates composed of single sugar units
2. special messengers in the body that are created by the endocrine glands
3. a lack of or an inability to use the hormone insulin
4. foods that are high in starch and fiber

6. isolated, nondigestible carbohydrates that have beneficial effects on human health

7. the feeling of fullness you have after eating food

8. a low blood glucose level

10. Carbohydrates made of many sugar units

11. nondigestible carbohydrates and lignins that make up the tough cell wall of plants

14. a measure of the speed at which various carbohydrates are digested into glucose, absorbed, and enter the bloodstream

19. blood sugar