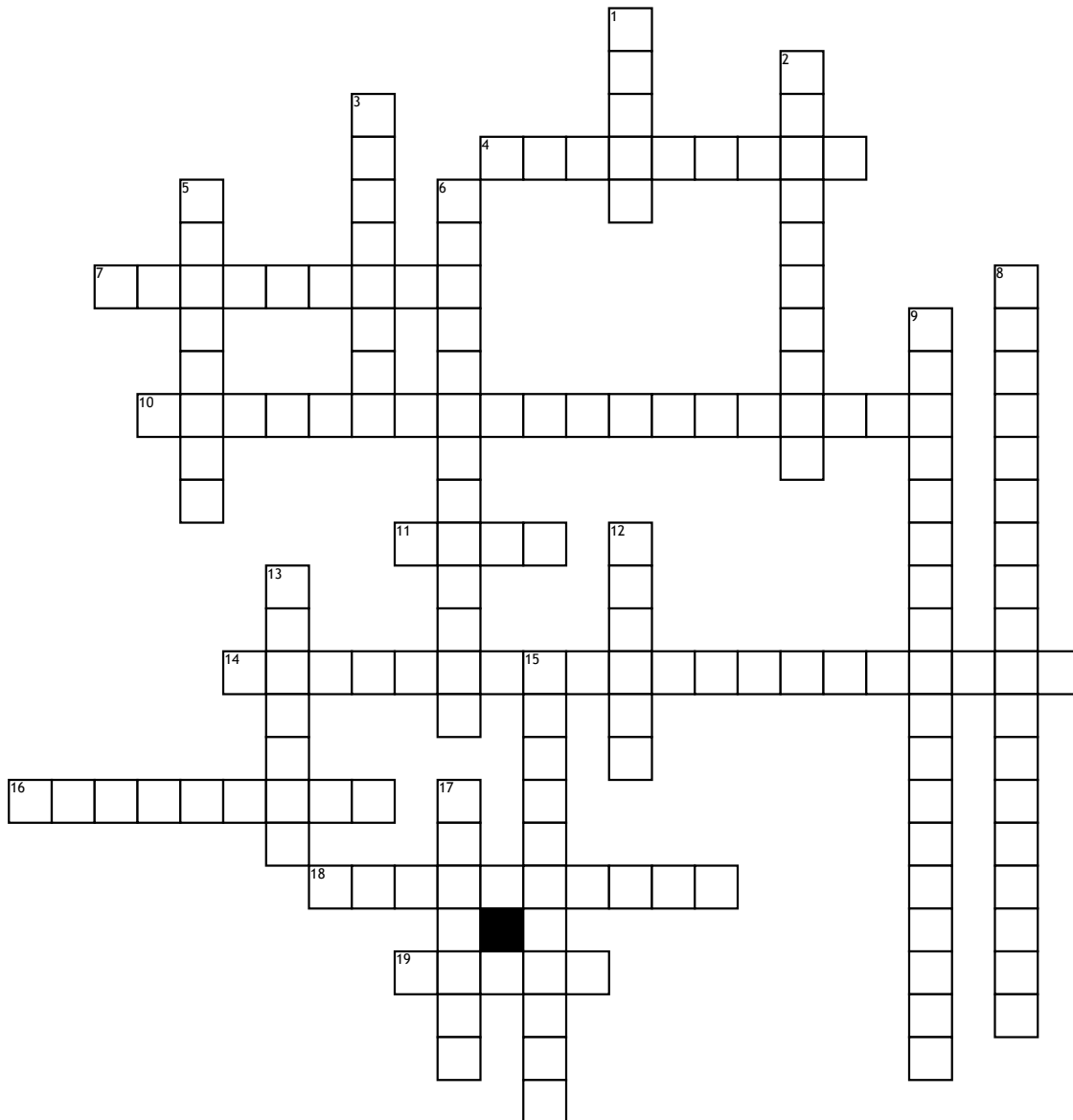


Name: _____

Date: _____

8th grade SLO Review



Across

4. The 9 amino acids we need to eat through our diet.

7. The worst type of fat to have in our diet.

10. Short bursts of energy

11. All of the foods you eat and drink.

14. Long sustained amount of energy

16. The study of how our body processes and uses the foods we eat and drink.

18. Sucrose

19. Helps aid in digestion.

Down

1. You can only survive a few days without this.

2. Maltose

3. Fruit Sugar

5. They help the chemical processes in our body.

6. BMI

8. ADEK

9. BMR

12. The main job of carbohydrates is to provide_____

13. Needed for growth, maintenance, and repair of tissue.

15. A fat like substance made of glucose and saturated fatty acids.

17. This mineral gives us healthy bones