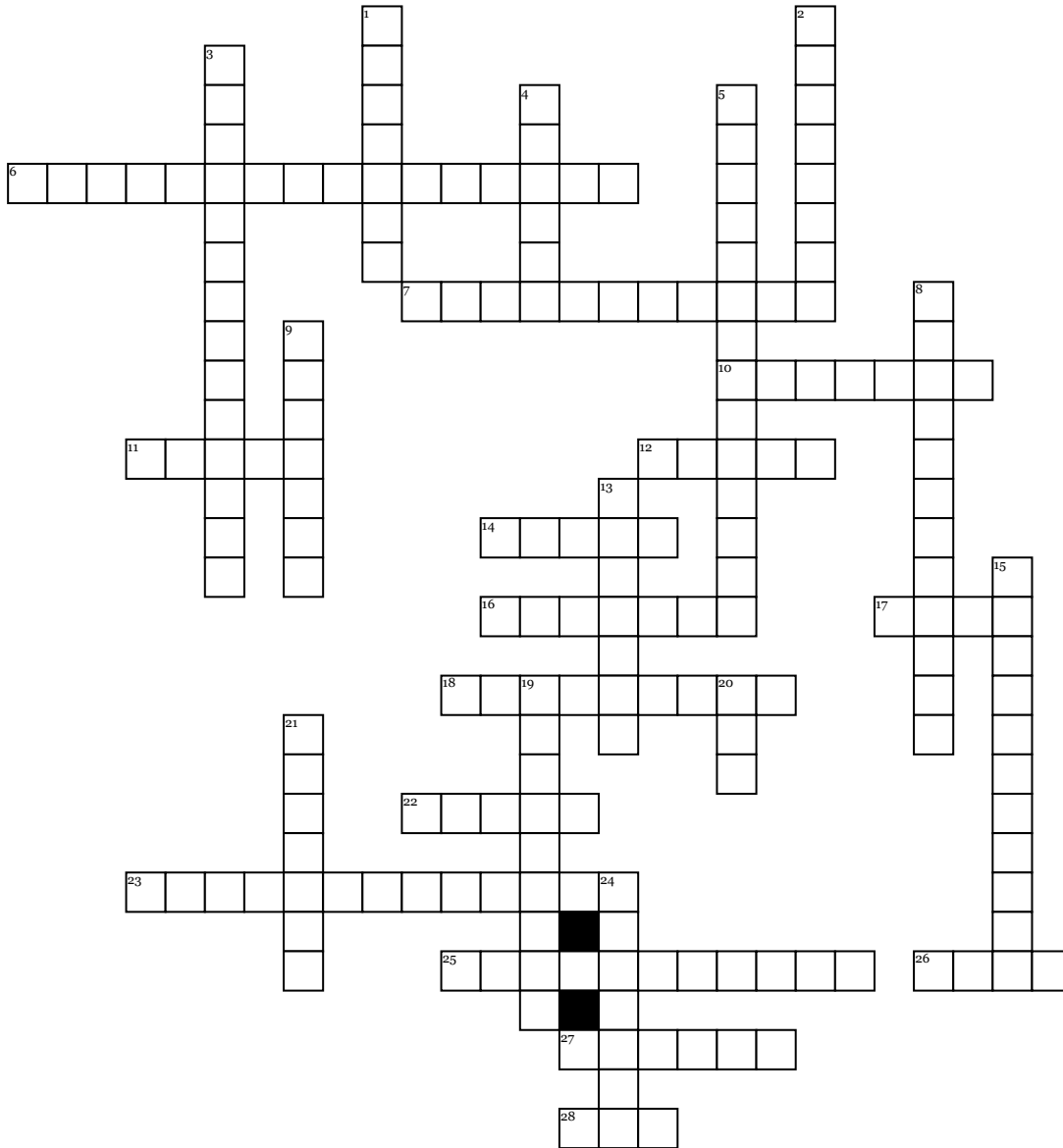


Carbohydrate crossword



Across

- 6.** what helps break down disaccharides and polysaccharides
7. taken from plants and used to sweeten foods
10. carbohydrates that require more work to digest
11. added sugars give candies their _____ taste.
12. what consumes around 20% of the bodys energy
14. one out of the three carbohydrates
16. highly sweet sugar found in fruits, many vegetables and honey
17. grains or grass seeds are _____ in starch
18. during _____ your body converts carbohydrates to glucose
22. what does saccharide mean?

- 23.** what comes mostly from plant foods
25. made of two monosaccharides
26. dietary fiber makes you feel _____?
27. glucose _____ all your activities like breathing, walking, running and thinking
28. galactose is found in _____ foods.
Down
1. approximately how many calories are in one teaspoon of sugar
2. known as complex carbohydrates
3. what is the process by which plants convert the suns energy into food?
4. what is the type of carbohydrate that has a simple chemical structure?

- 5.** what is sugar with a single chemical unit called
8. plant material that cannot be digested
9. what is made up of glucose and galactose
13. forms when starch is digested
15. what is the green pigment in plants?
19. what helps to create lactose, also not very sweet
20. what does mono mean
21. also known as dextrose
24. made up of glucose and fructose