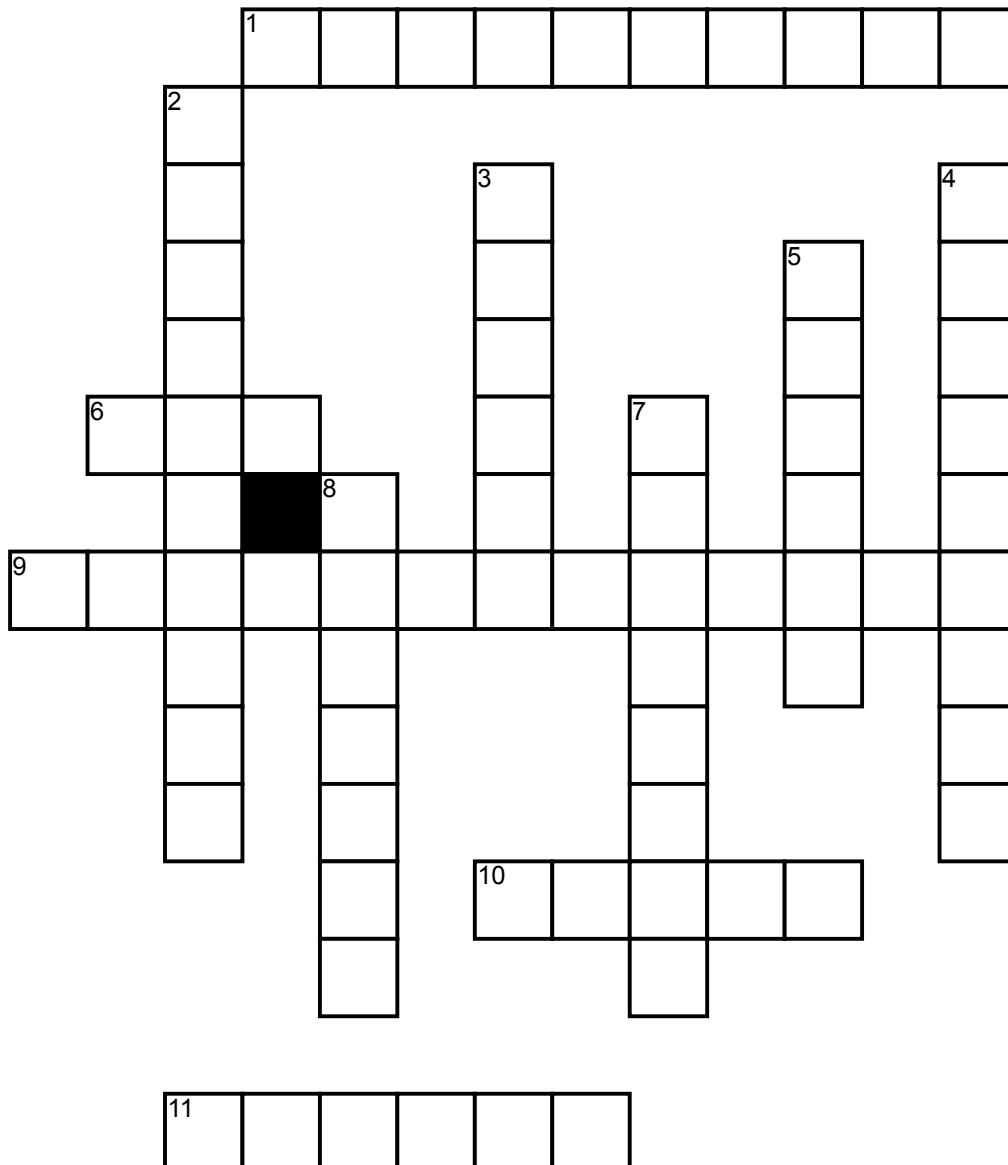


Name: \_\_\_\_\_

# Carbohydrates



## Across

1. You should start your day with this
6. The three elements that make up Carbohydrates
9. This should make up 50-60% of your daily calorie intake
10. Un-processed foods are also called \_\_\_\_\_.
11. Carbohydrates that are digested quickly

## Down

2. The monomer of a Carbohydrate
3. Carbs are the body's main source of \_\_\_\_\_.
4. Foods stripped of nutritional value
5. Carbohydrates generally come from \_\_\_\_\_.
7. What athletes do a few days before a big game/race
8. Carbohydrates that are digested slowly