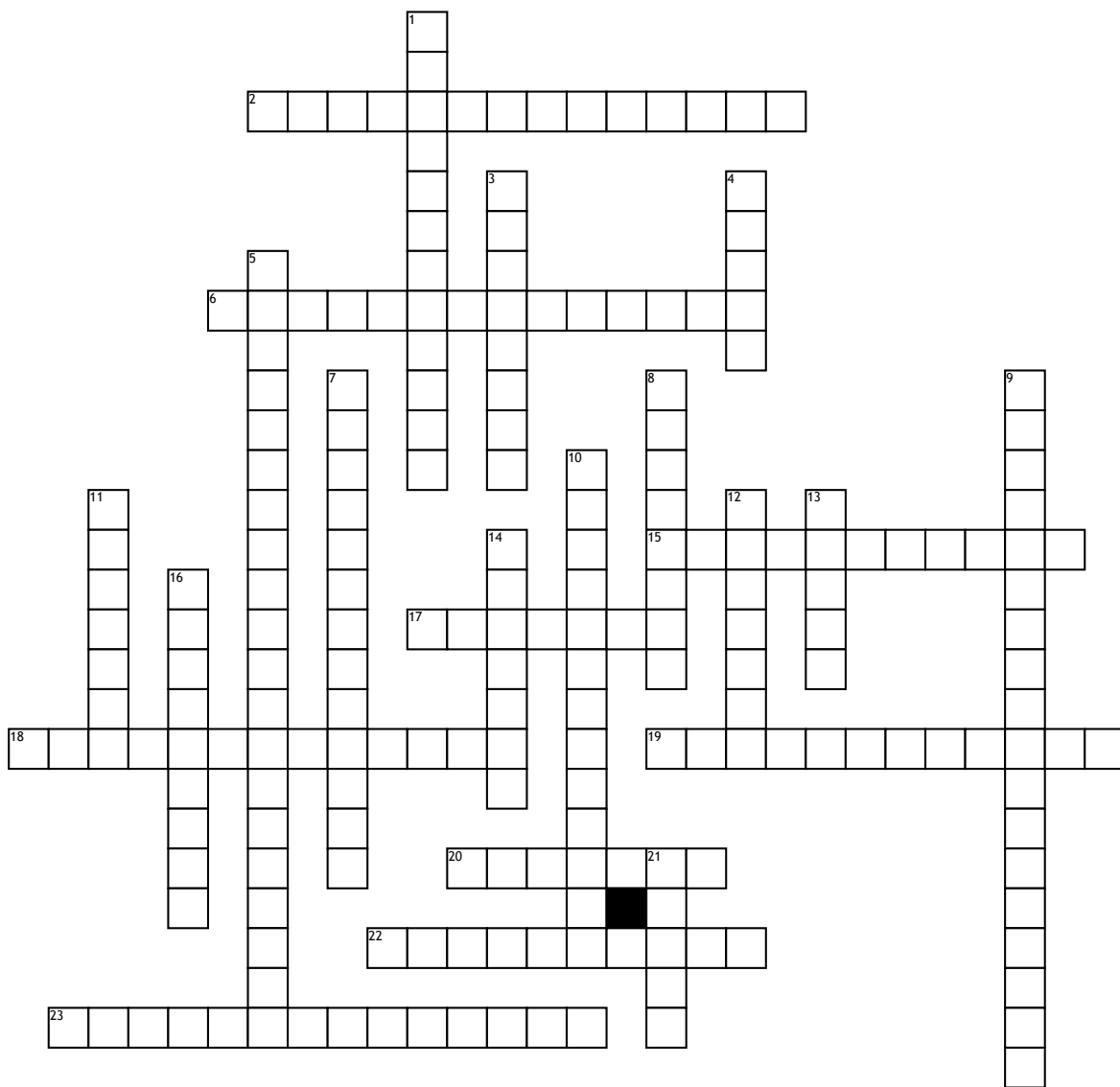


Name: _____

Date: _____

Carbohydrates Crossword



Across

2. is sugar made of several monosaccharides
 6. is sugar with a single chemicle stucture
 15. the green pigments in plants
 17. found only in milk
 18. found in sucrose lactose and maltose
 19. teens need 26 to 38 grams of this per day
 20. forms when starch is digested
 22. is used to give a sweet taste to things

Down

1. a combonation of two monosaccharides
 3. a highly sweet sugar found in fruits
 4. one of the three carbohydrates
 5. has more vitamins and minerals and fiber than simple carbohydrates
 7. teens and adults need 45% to 65% of this
 8. found in glucose, fructose and galactose

Across

9. has a simple chemicle structure
 10. comes from mostly plant foods such as fruits and vegetables
 11. helps break down disaccharides and polysaccharides
 12. during digestion your body converts chrbohydrates into this
 13. this body part consumes 20% of the body's energy
 14. is found in fruits, sugar and beets
 16. a not very sweet sugar found in fruits and vegetables
 21. a complex carbohydrate