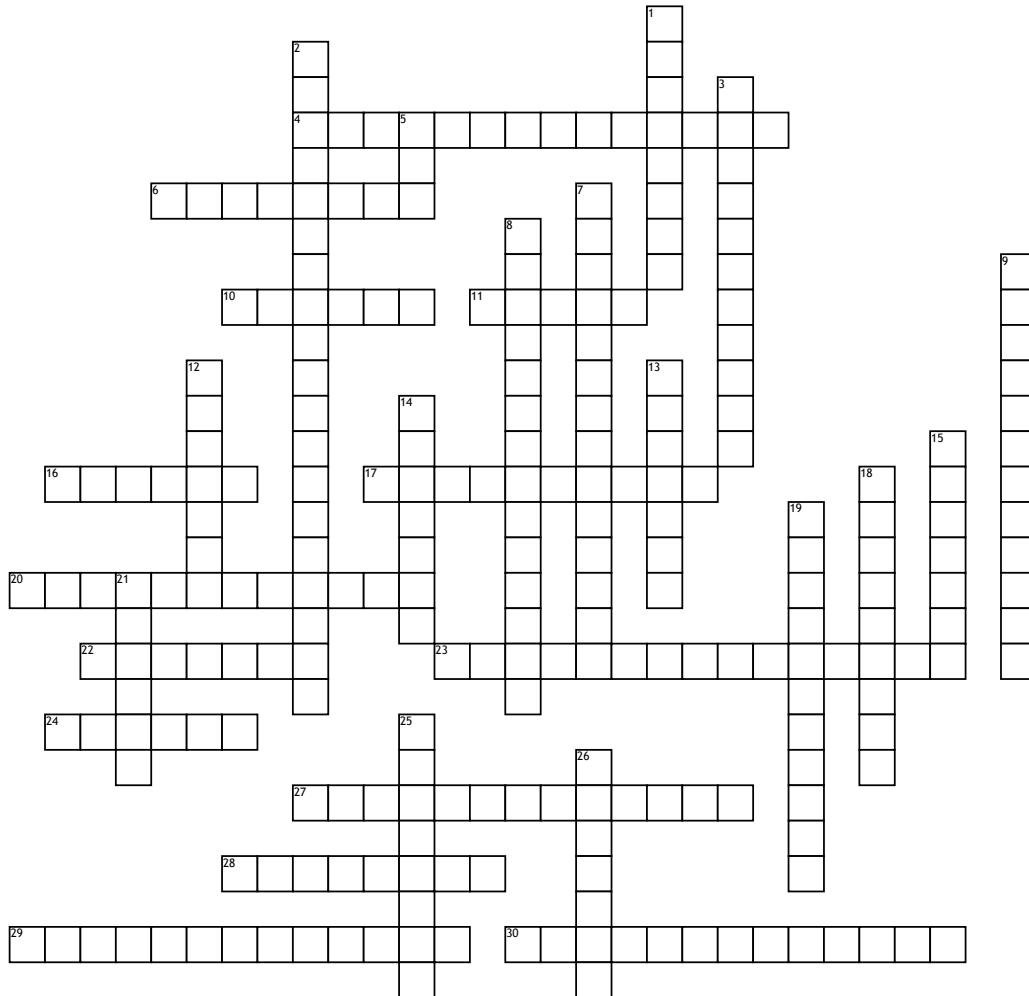


Carbohydrates Crossword



Across

4. The simplest form of carbohydrates, cannot be broken down into simpler sugars.
6. Carbohydrates are to human body as what is to a car?
10. How is glucose produced?
11. Which food contain the most starch?
16. What is the storage form of glucose in plants ?
17. Sugar _____ is a substance that tastes sweet, but has few to no calories.
20. An example of these are starchy vegetables such as potatoes, sweet potatoes, corn, and pumpkin
22. This is found in milk products.
23. Contains one molecule.
24. Teens and adults need__% to__% of thir daily caloies from carbs.
27. _____ is a sugar made of several monosaccharides.

28. Sweetest natural sugar, it can be found in fruit, high-fructose corn syrup.

29. What does the brain and nervous system depend on almost exclusively as a source for fuel ?

30. _____ is often found in foods are surcose, lactose, and maltose

Down

1. _____ are also known as complex carbs.
2. Contains one or two molecules commonly referred to as sugars.
3. This gives candies, pasteries,and soft drinks their sweet taste.
5. All sugars end with the suffix ____.
7. _____ is the process by which plantsuse the sun's energy to convert gasses and water into o2 and glucose.
8. Where does most digestion of carbohydrates occur?
9. _____ is a plant material that cannot be digested.

12. Your body breaks down most complex carbohydrates into what?

13. _____ fiber is a plant material that cannot be digested.

14. Durring digestion, your body converts carbs to _____.

15. Digestive _____help break down disaccharides and polysaccarids into a single unit.

18. How much energy is consumed by the brain

19. _____ is the green pigment in plants that is necessary for photosynthesis.

21. Added sugars are extracts from _____ and used to sweeten foods.

25. What is the storage form of glucose for animals (humans)?

26. this is formed when starch is digested.

Word Bank

45 to 65	Monosaccharide	Disaccharides	Glucose	Dietary Fiber
Small intestine	Glycogen	Enzymes	Simple Carbohydrates	Fructose
Plants	Starches	Ose	Maltose	Added Sugars
Polysaccaride	Plants	Photosynthesis	Lactose	Glucose
Complex carbs	Dietary	Substitute	Starch	Gasoline
Carbohydrates	around 20%	Chlorophyll	Pasta	Monosaccharides