

Name: _____ Date: _____ Period: _____

Carbohydrates Word Search

J T O O F E W C A R B S T W H Y Q N N X N J E I
G C L S E N I L E D I U G Y R A T E I D E A N M
Z Q V H E F F R L E S O T C A L E D Y T W V E O
R J F J C D B A Y E R G E N D U R A N C E Y R N
N E J I B Z I H T J X F A T T Y A C I D H N G O
F U F E V U D R A I P R O C E S S E D T F L Y S
X A T I W E N E A I G S A G V O Y Z L N E L M A
U J C R N T S E C H M U K L S Q M A W I C A V C
H G A V I E L O K N C E E E O H E U H O H V Z C
X P R J H E D D C L A C C G T H K O X Y G E N H
S E B V Y Y N I X U X M A Y L O U P H G V Z K A
G S O Z Y Q D T Y W L W R S L Y S F F O M B A R
S O H Q Y H H R V P E G Q O Y G C I K D M N E I
B T Y C A A T X O B U A B E F L O O S W V O S D
R C D Y R W I L C G F F S L S R O P G I S B O E
A U R O G A K V A R E O C D H Z E P Y E E R T S
C R A C Q E T J H E T N X R Z G Q P N H N A C S
W F T F T I B S C L H J J E S O L U L L E C A E
O X E O Q N X G A B B T W E I G H T G A I N L I
L W N O X A V M Z X T D O P F M P L B Y B A A R
U E U W N O K D A B C F U N H E Y E B P Z O G O
S F A T U M D O L I G O S A C C H A R I D E S L
R C D I S A C C H A R I D E S P J L W M Q H I A
J R I G S Y M J R E S S E N T I A L Q C G Z K C

DIETARY GUIDELINES
DISACCHARIDES
PERFORMANCE
GALACTOSE
CELLULOSE
GLYCOGEN
MALTOSE
HEALTHY
OXYGEN
FAT

OLIGOSACCHARIDES
HYPOGLYCEMIA
WEIGHT GAIN
FATTY ACID
NUTRIENT
FRUCTOSE
LACTOSE
GLUCOSE
ENERGY

POLYSACCHARIDES
CARBOHYDRATE
NOT HEALTHY
ESSENTIAL
LOW CARBS
CALORIES
KETOSIS
FATIGUE
CARBON

MONOSACCHARIDES
TOO FEW CARBS
PROCESSED
ENDURANCE
HYDROGEN
REFINED
KETONES
STARCH
FUEL