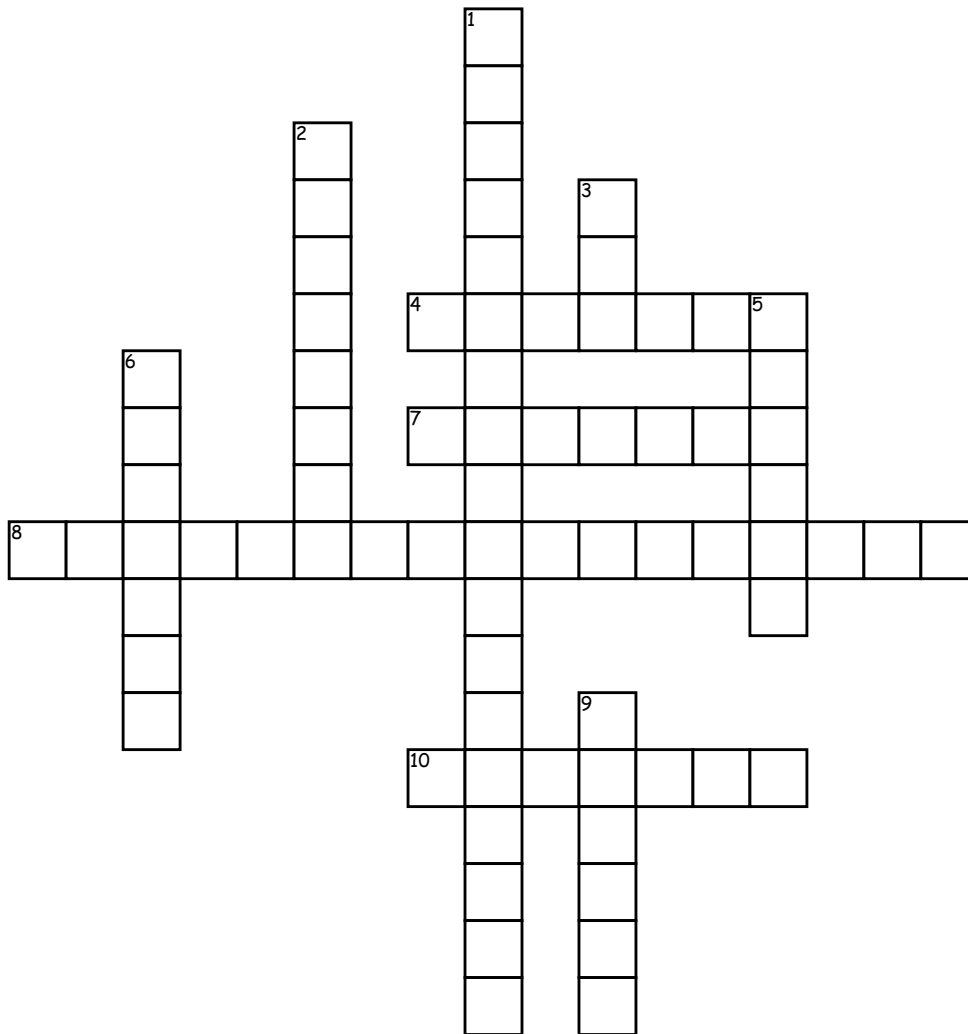


# Carbs



## Across

4. known as malt sugar, found in grains

7. major kind of simple sugar

8. sugar subjected to high heat that develops distinctive flavor, color, and aroma in baked goods and caramel candies

10. known as milk sugar

## Down

1. candy is made when sugar crystals separate from a supersaturated solution during cooling

2. known as fruit sugar

3. if we take in more food than what is needed for energy, the unused portion is stored as what?

5. carbohydrate is the element of our food that supplies what?

6. commonly known as table sugar

9. what in the body breaks down simple sugars?

## Word Bank

crystallizing agent

maltose

starch

caramelizing agent

lactose

energy

fructose

sucrose

glucose

fat