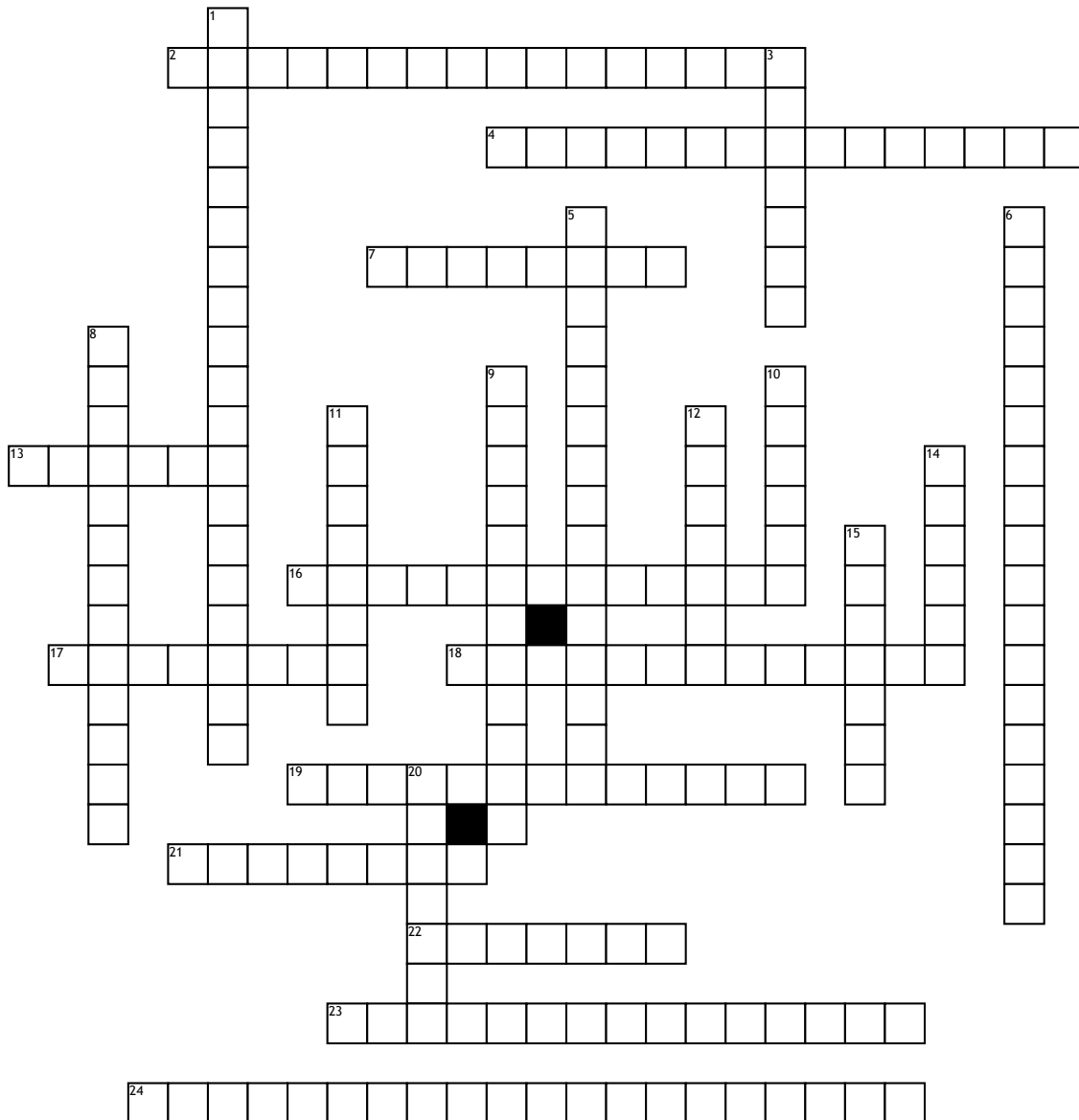


# Chapter 5



## Across

2. the lack of or an inability to use the hormone insulin  
 4. carbohydrates that are made up of many sugar units  
 7. chemicals produced in the body and released into the bloodstream to regulate specific body processes  
 13. a polysaccharide that is the storage form of energy in plants  
 16. Dissolve in water and develop a gel-like consistency  
 17. has the sweetest taste of all sugars  
 18. one of the 6 essential nutrients and are your body's main source of energy

19. carbohydrates sweeteners that are separated from their natural sources for uses as food additives  
 21. Sometimes called blood sugar  
 22. found in milk  
 23. carbohydrates composed of single sugar units; the smallest carbohydrate molecule  
 24. foods that are high in starch and fiber

## Down

1. foods that are high in simple sugars  
 3. the sugar you use in recipes or add to foods at the table  
 5. Do not dissolve in water

6. inability to digest lactose, the main carbohydrate in milk  
 8. made up of 2 sugar units  
 9. Tooth decay  
 10. monosaccharides and disaccharides  
 11. the body's storage form of glucose  
 12. term used to describe the feeling of fullness you have after eating food  
 14. polysaccharides that make up the tough, fibrous cell walls of plants  
 15. Made up of 2 glucose molecules that are bonded together  
 20. helps the body lower blood glucose back to normal level