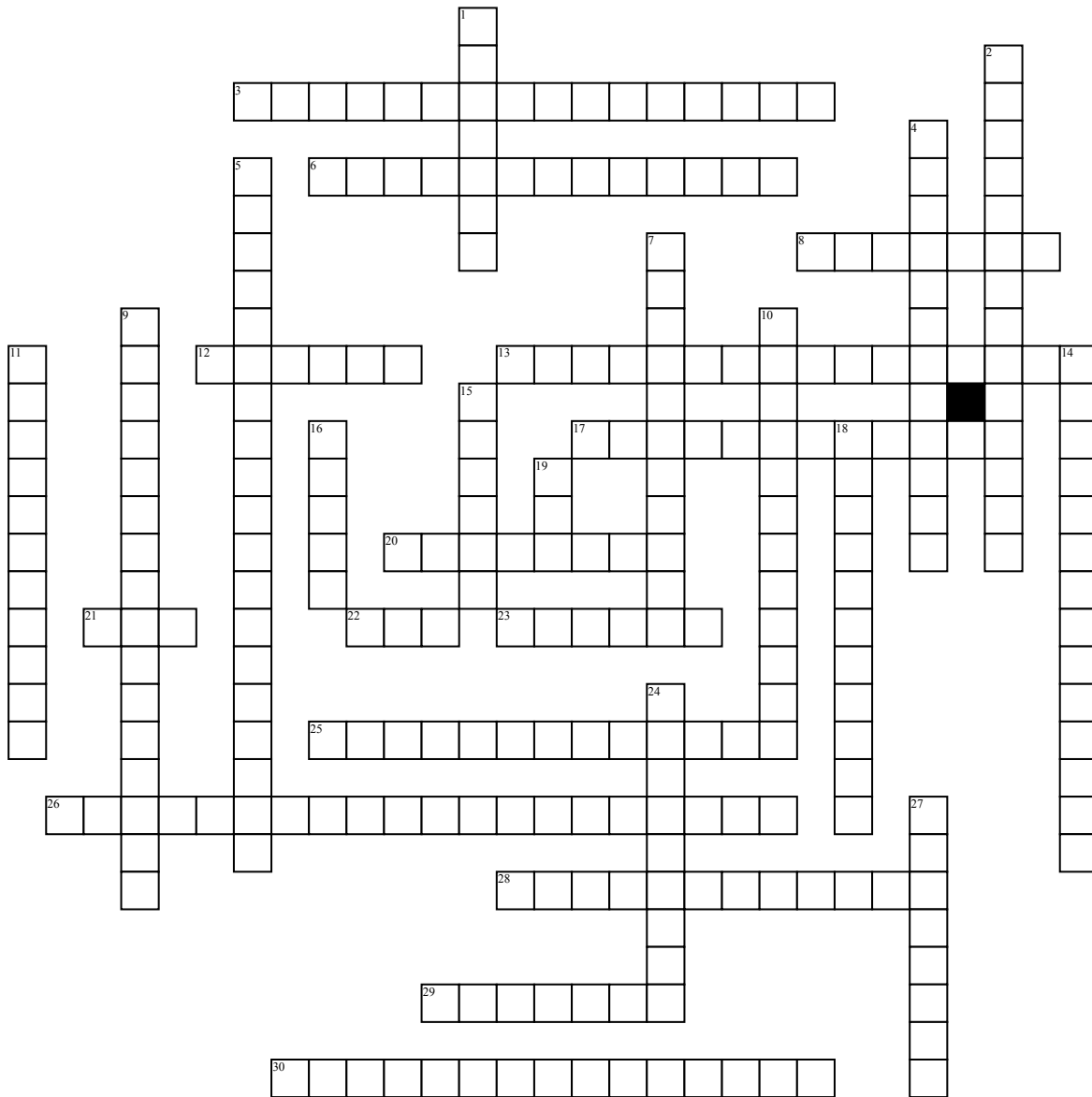


# FOODS 1 CROSSWORD



**Across**

- 3. A substance that tastes sweet but has fewer or no calories
- 6. Sugar, Fiber, and Starches are the three types of...
- 8. Found only in milk and milk products
- 12. Teens need 26-38 grams of dietary fiber per day, depending on age and ...
- 13. Carbohydrates can cause problems with...
- 17. A sugar made of two monosaccharides and a combo of glucose and another sugar
- 20. Carbohydrates can cause this in your mouth
- 21. USDA set a limit of how many tablespoons
- 22. The brain consumes what percentage of the body's energy
- 23. The process of your body breaking down carbohydrates and turning them into glucose

- 25. Comes mostly from plant food such as fruits, vegetables, grain products, dry beans, nuts and seeds
  - 26. carbohydrates that requires more work for you body to digest
  - 28. Too many added sugars can lead to Diabetes and ...
  - 29. found in fruits and , sugar cane, and sugar beets
  - 30. What is another word for starches
- Down**
- 1. A mildly sweet sugar, found in fruits, vegetables, and corn syrup
  - 2. The process by which plants use the sun's energy to convert carbon dioxide and water into oxygen and glucose
  - 4. A plant material that cannot be digested
  - 5. They have a simple chemical structure
  - 7. Choose foods with natural sugars not...

- 9. Helps break down disaccharides and polysaccharides into single units
- 10. When your body uses fat and protein away from tissues
- 11. The green pigments in plants necessary for photosynthesis
- 14. A sugar with a single chemical unit
- 15. A complex carbohydrate with a more complex chemical structure than sugar
- 16. Teens and adults need \_\_\_\_ - \_\_\_\_ % for their daily calories
- 18. Sugars that are extracted and used to sweeten foods
- 19. All sugars end with what suffix
- 24. Not very sweet and is found in few foods, including milk. ( HELPS CREATE LACTOSE)
- 27. What part if your body runs on glucose