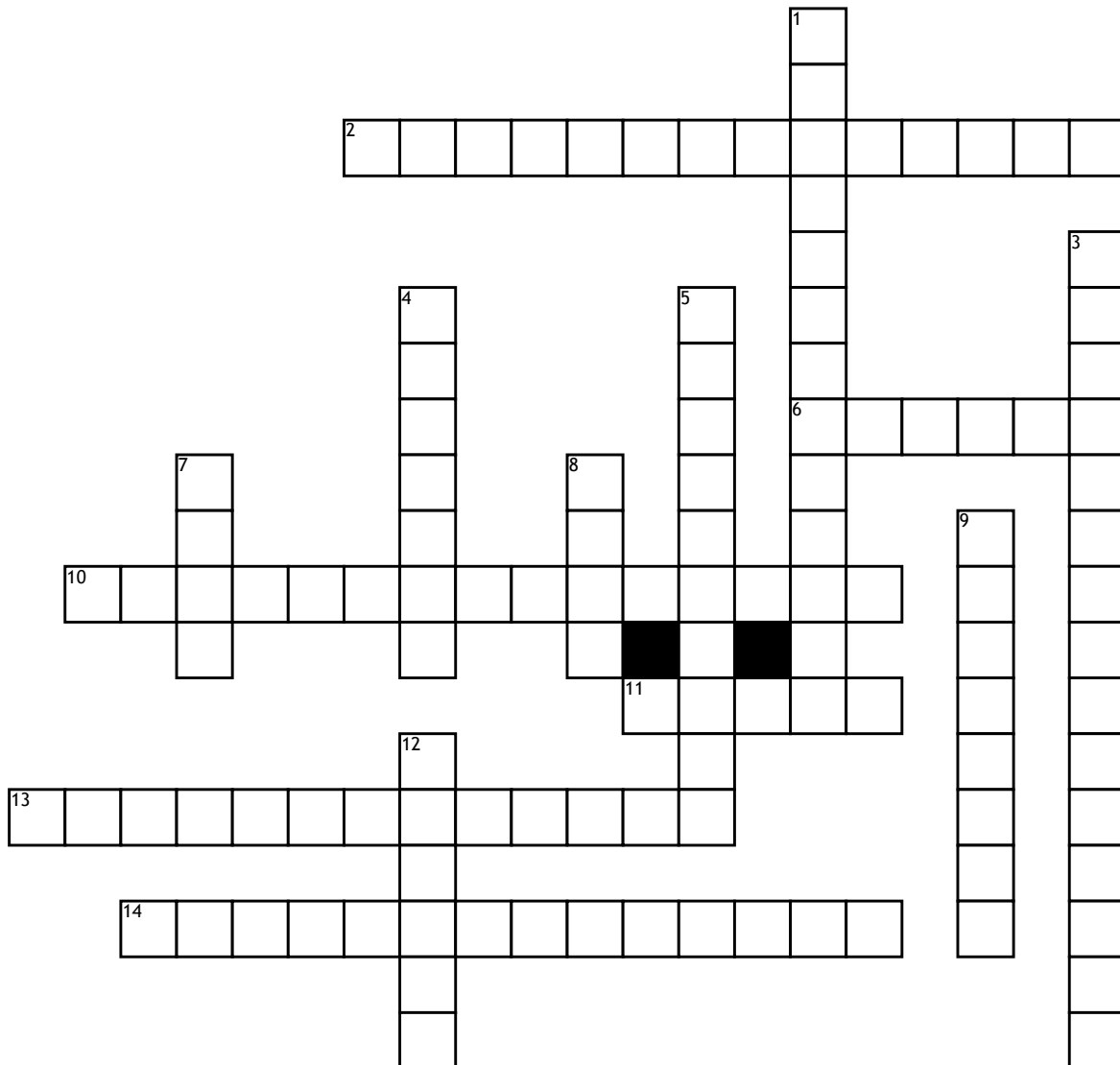


Name: _____

Date: _____

FOOD



Across

- 2. What does 'GI' stand for?
- 6. how many individual amino acids are they?
- 10. Olive oil is what type of fat?
- 11. The average individual requires what percentage of CHO in their diet?

13. What is the most basic form of fats known as?

14. What is the simplest form of CHO's known as?

Down

- 1. CHO's is a type of?
- 3. Longer chains of simple sugar units are called?
- 4. All CHO's consumed gets turned into what?

5. The smallest units of protein are known as?

7. How many calories does 1 gm of fat contain?

8. CHO's provide how many calories per gram?

9. proteins that contain all of the essential amino acids are called?

12. What is the chief role of protein in your body?