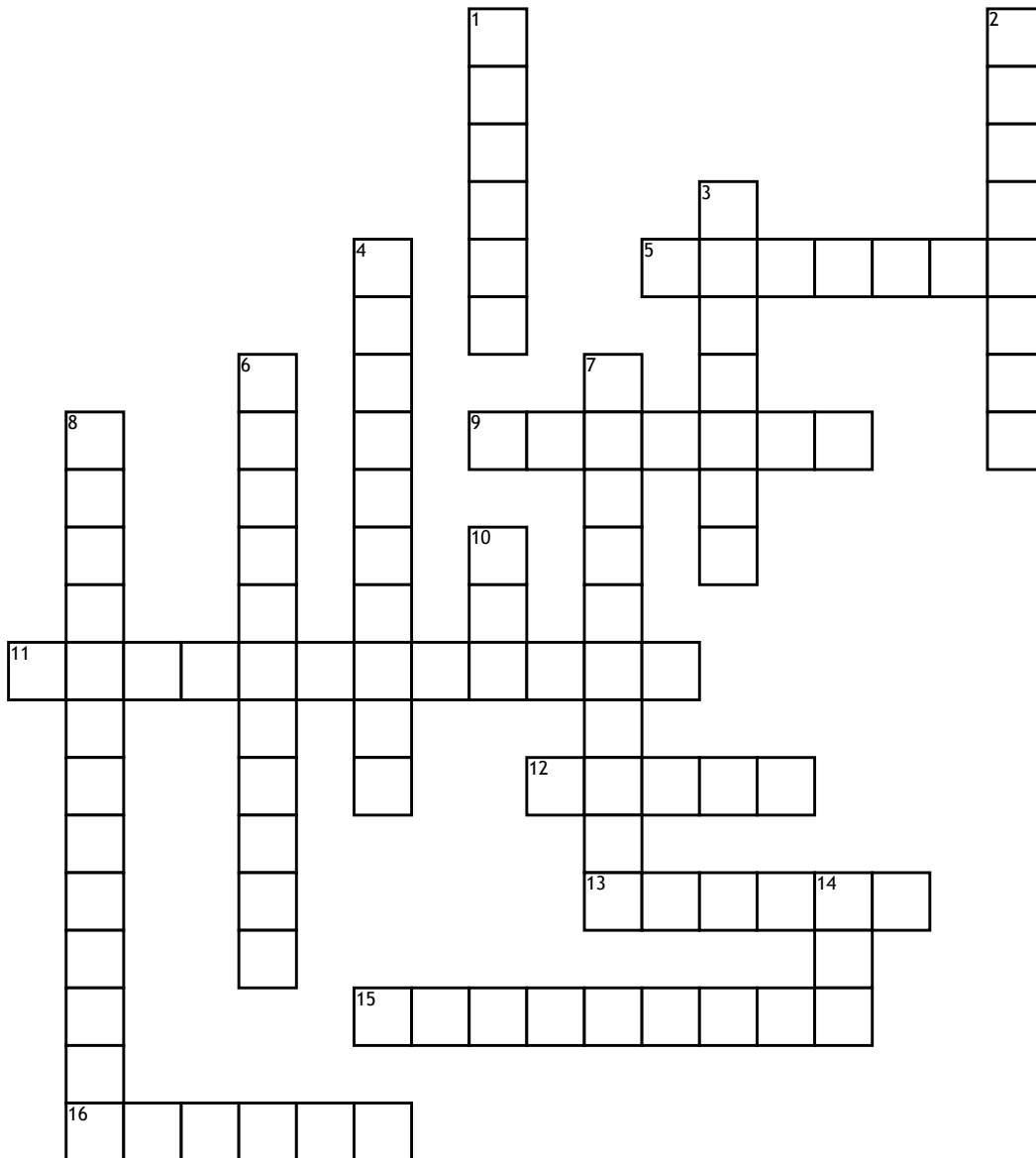


Name: _____

Date: _____

Macronutrients



Across

5. There are 2 different types of fibre, _____ and insoluble

9. _____ proteins contain all essential amino acids your body requires daily

11. Proteins are made up of essential and _____ amino acids.

12. Dietary _____ is the only form of carbohydrate that does not provide the body with energy

13. _____ carbohydrates are also called sugars

15. There are 9 _____ amino acids

16. There are three types of carbohydrates: _____, sugar and fibre

Down

1. _____ that occur naturally in fruits are called fructose

2. _____ are made up of essential and non-essential amino acids

3. _____ carbohydrates are made up of large molecules of simple carbohydrates joined together

4. Plants, with the exception of soy, supply _____ proteins.

6. _____ is part of every cell in the body

7. Proteins are made of chains of chemical building blocks called _____

8. Staple food that fills us up
10. _____ provides heat and energy for the body

14. Excess _____ settles in your arteries, hardens and becomes plaque