

Name: _____ Date: _____

Macronutrients in ice-cream

1. A type of amino acid
 2. The building blocks for fat
 3. The best source of milk fat is.....
 4. Another name for sugar
 5. Good gut bacteria
 6. Bad fat
 7. Sugar that increases the acidic condition of the gut
 8. Contribute to the rich flavour of ice cream
 9. Essential for tissue maintenance
 10. Fat is a carrier of.....
- A. Fat
 - B. Essential fatty acids
 - C. Maltose
 - D. Lactose
 - E. Lactobacillus acidophilus
 - F. Proteins
 - G. Fresh cream
 - H. Vitamin E
 - I. Saturated fat
 - J. Lysine