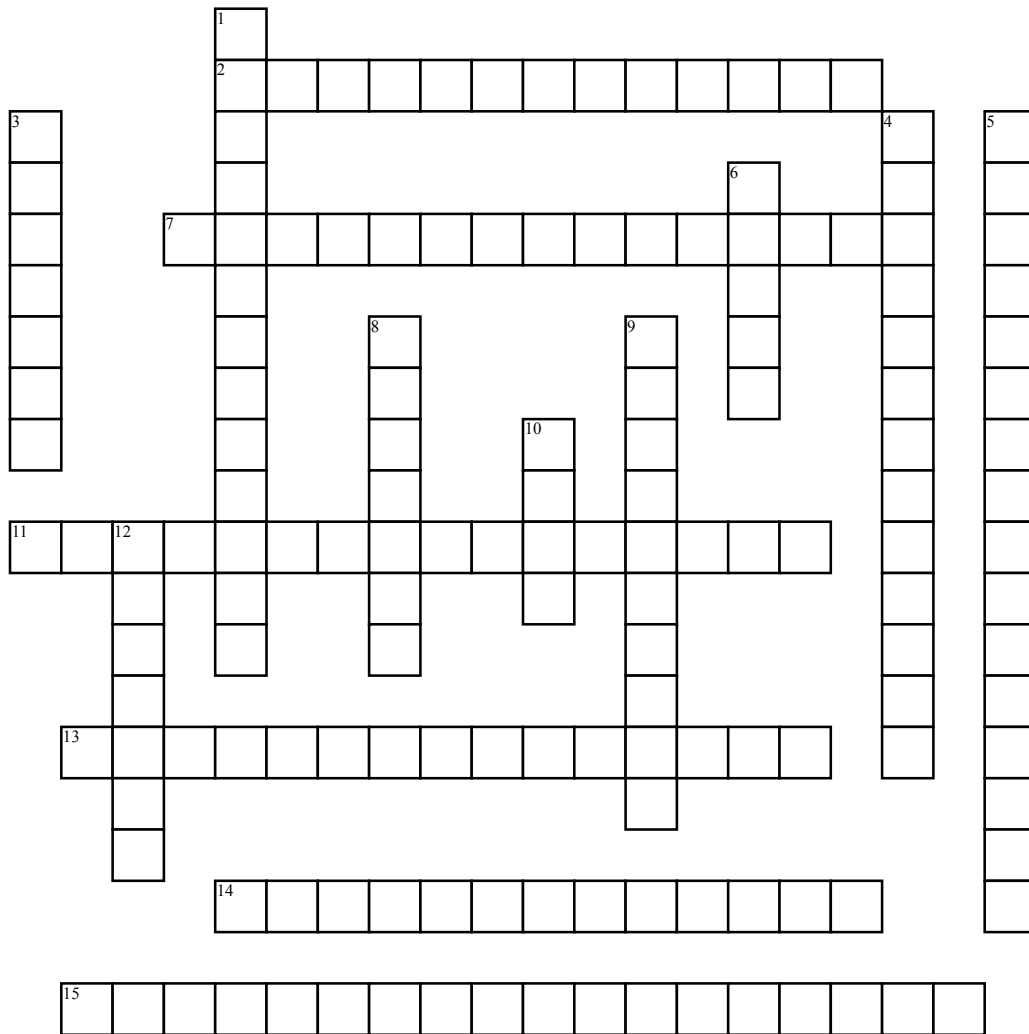


# Nutrition and Metabolism Crossword



## Across

- 2.** Stores excess triglycerides. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)
- 7.** Also called single sugars (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)
- 11.** What type of nitrogen balance will a person who is starving have? (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)
- 13.** Complex carbohydrates including starch from plant foods and glycogen from meats (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)
- 14.** These can be found in plant and animal based foods. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)

- 15.** Also called low quality proteins. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 701) Dubuque, IA: McGraw-Hill.)

## Down

- 1.** The primary source of fuel for cellular processes is provided by this organic compound (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 698) Dubuque, IA: McGraw-Hill.)
- 3.** These are proteins that aid the thousands of biochemical reactions that take place in and out of the body's cells. [www.healthline.com](http://www.healthline.com)
- 4.** Simple carbohydrates from milk, cane, beet sugar and molasses (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)
- 5.** Also called high quality proteins. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 701) Dubuque, IA: McGraw-Hill.)

- 6.** Weight loss and skin lesions could be a deficiency of which nutrient. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)

- 8.** Extreme weight loss, wasting, anemia, and growth retardation could be a deficiency in what nutrient? (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)

- 9.** Triglycerides must go through this process before the molecules can release energy. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)

- 10.** Mainly supply energy. (Shier, D., Butler, J., Lewis, R. (2018). Hole's human anatomy & physiology (15th ed.). (pp. 698) Dubuque, IA: McGraw-Hill.)

- 12.** The only sugar used by the body to provide energy for its tissues <http://www.sparknotes.com>

## Word Bank

Adipose tissue	Polysaccharides	Enzymes	Glucose
Fats	Hydrolysis	Negative nitrogen	Protein
Carbohydrates	Complete proteins	Triglycerides	Disaccharides
Incomplete proteins	Lipid	Monosaccharides	