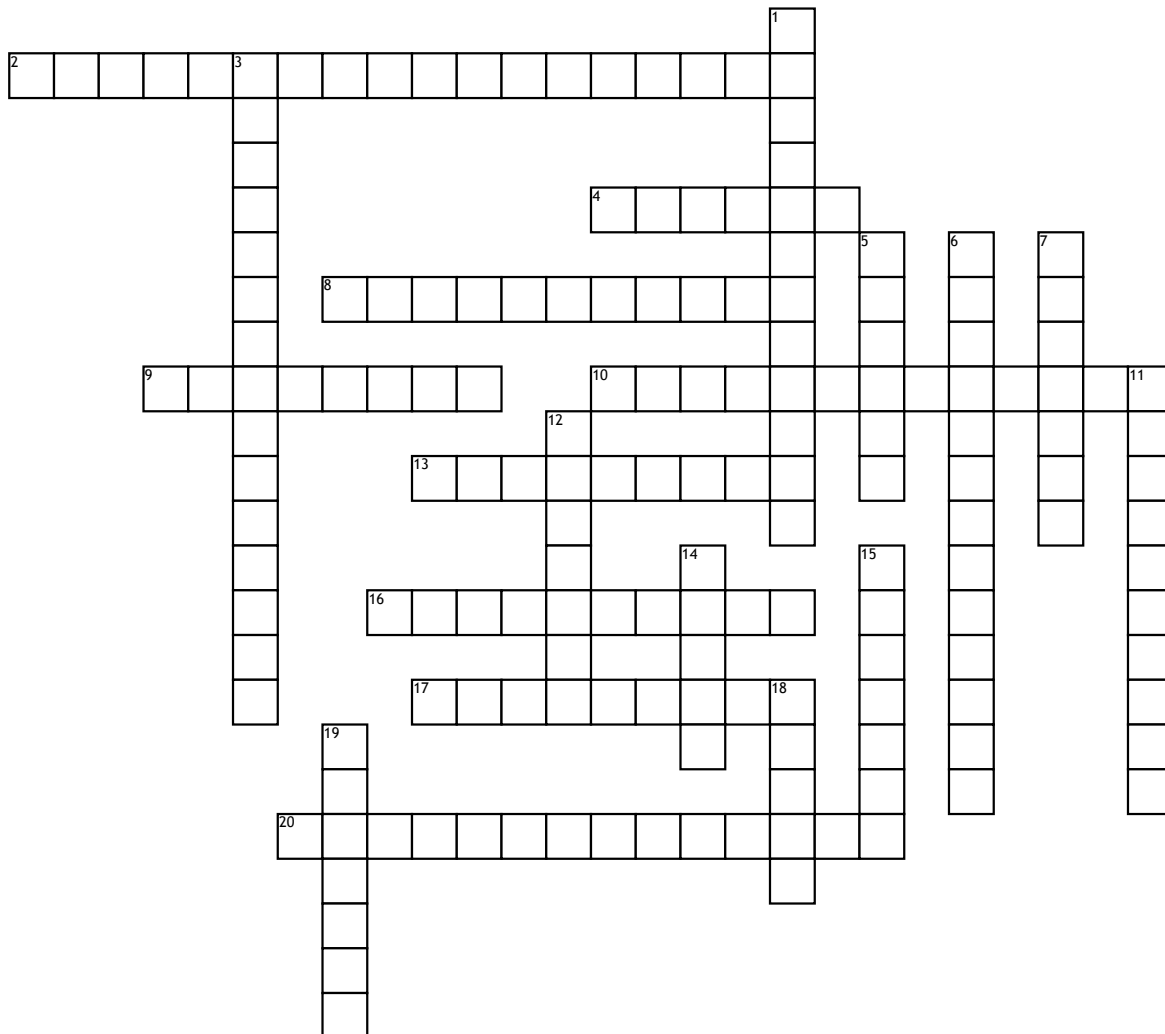


Name: _____

Date: _____

Nutrition



Across

2. Refers to the amount of energy a body requires to function at rest over one day
 4. This enzyme breaks apart protein
 8. This is the unit used to measure energy contained in food
 9. Also known as "hydrogenated" fat
 10. Macronutrient that provides most easily used energy

13. Fat that does not contain any double-bonded carbons

16. These are the building blocks of proteins

17. Name for the amino acids we must consume (our bodies cannot make)

20. The simplest of the carbohydrates

Down

1. Bonds that hold amino acids together

3. Type of fat that contains one double-bonded carbon

5. Type of protein that breaks apart bonds

6. Nutrients that contains vitamins and minerals

7. A disaccharide; made of two glucoses

11. Another name for sugar

12. The proper name for table sugar

14. Another name for fat

15. This enzyme breaks apart milk sugar

18. Another name for fat

19. Macronutrient that acts as the building block for our body