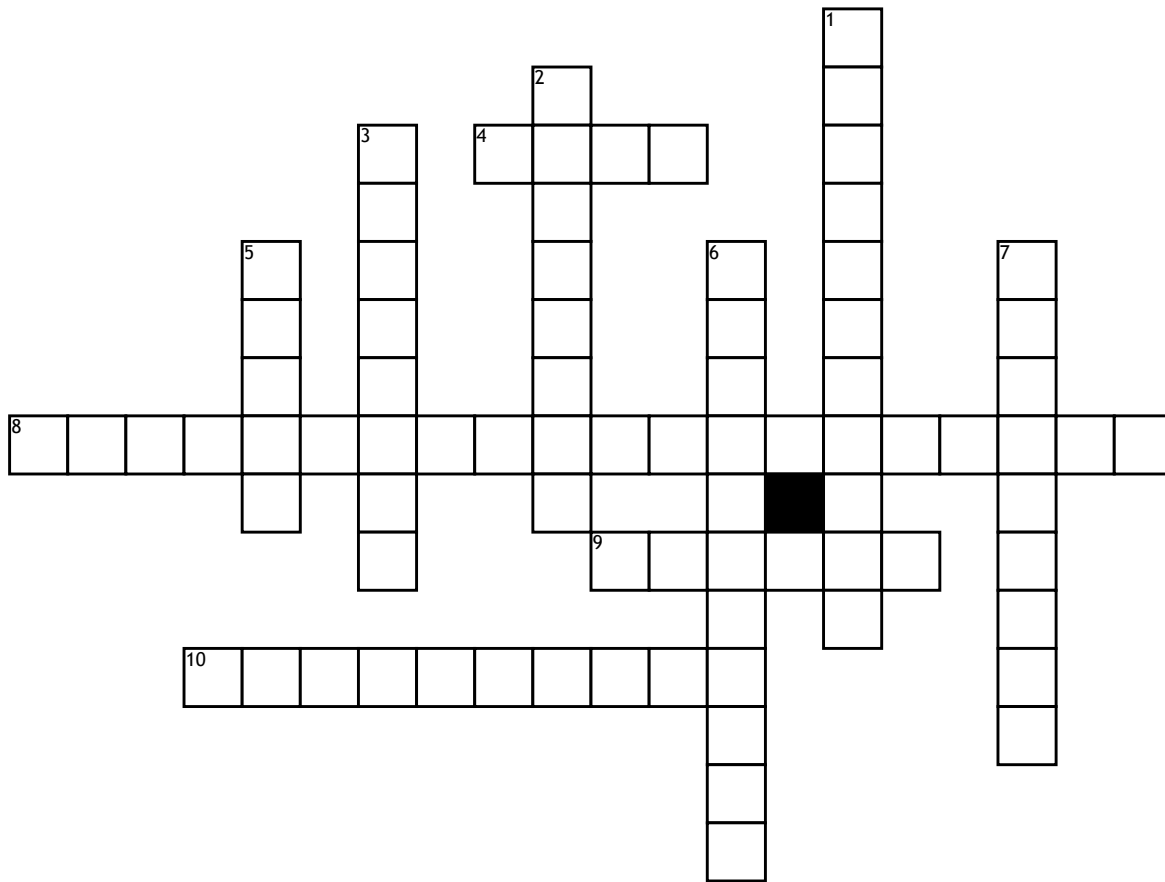


Name: _____

Date: _____

Protein



Across

- 4. The amount of calories per gram protein contains
- 8. Two incomplete proteins that are combined so that you have all 9 essential amino acids
- 9. tofu and what are the only proteins from a plant source that contain all 9 essential amino acids?
- 10. What are the building blocks of protein?

Down

- 1. Protein deficiency in children
- 2. What kind of protein contain all essential amino acids?
- 3. Protein deficiency in adults
- 5. How often should you eat protein?
- 6. The main function of protein is to build and repair _____
- 7. There are 9 _____ amino acids