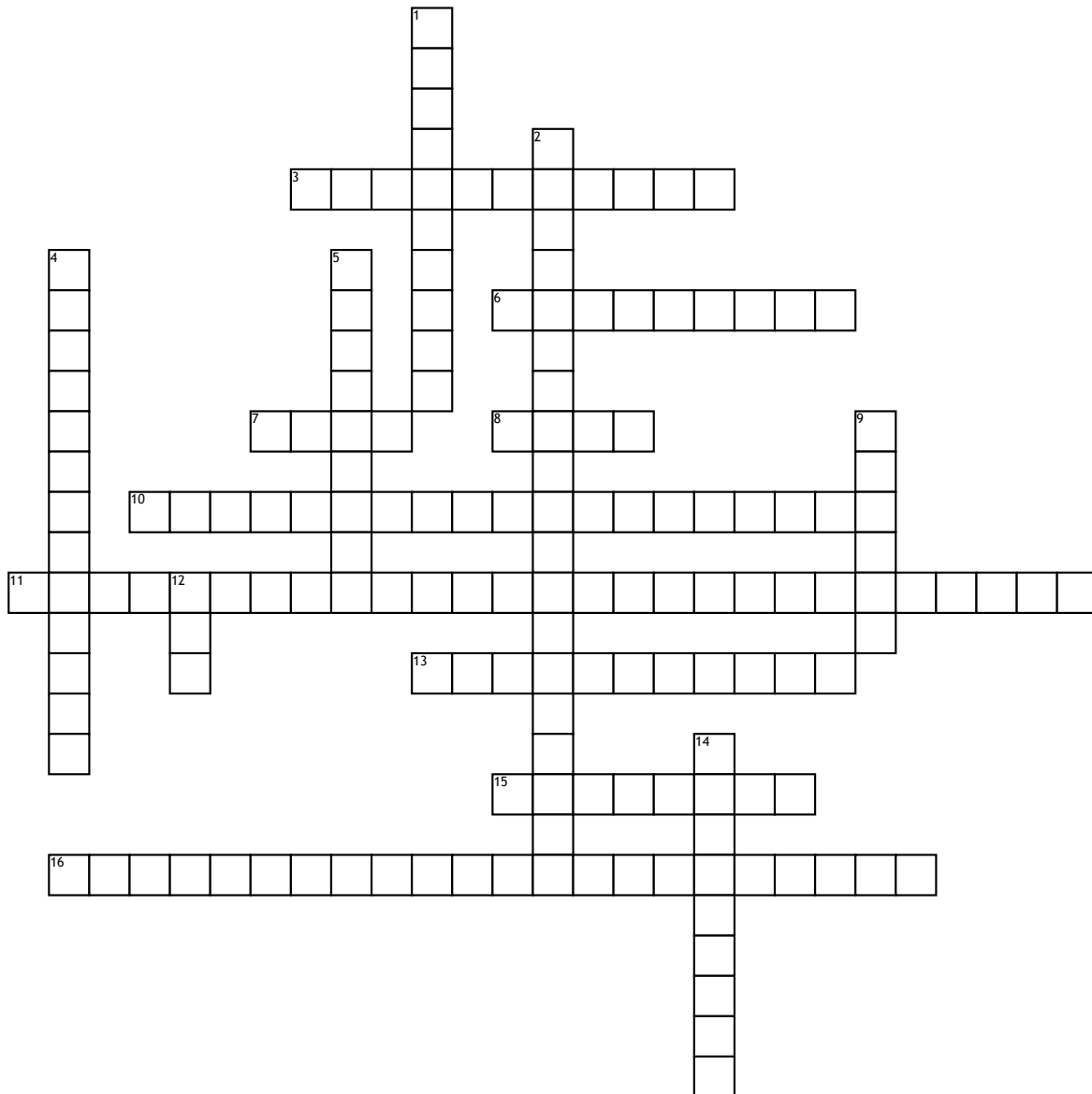


Name: _____

Date: _____

Protein Crossword



Across

- 3. Give a protein alternative
- 6. How many grams of protein is an adult male recommended to have?
- 7. Give a protein alternative
- 8. Give a protein alternative
- 10. The source of protein given by animals and soya beans has this value.

- 11. What are the 3 main functions of proteins?
- 13. Give the name of a deficiency of proteins?
- 15. Why do some women need extra protein?
- 16. What is a meal like beans of toast classed as in terms of protein?

Down

- 1. These are also called building blocks

- 2. The opposite to high biological source
- 4. What kind of nutrient is a protein?
- 5. What is the amount required for an adult female?
- 9. The number of essential amino acids
- 12. Give a protein alternative
- 14. Some women also need protein because?