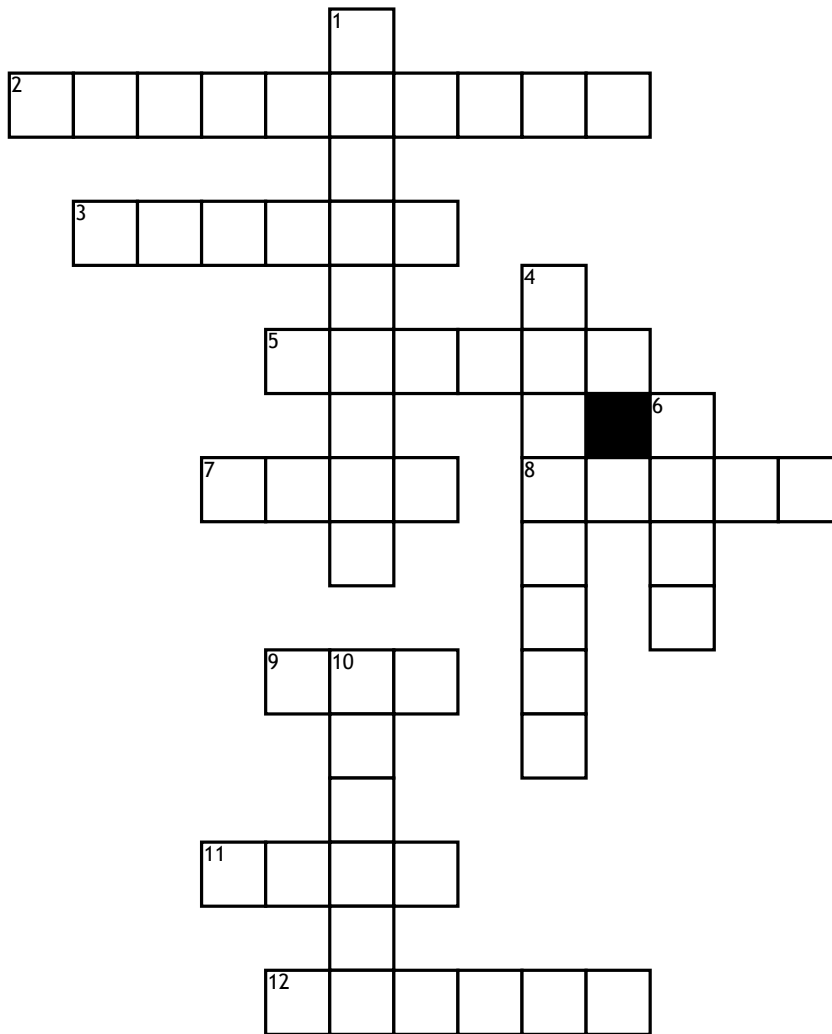


Name: _____

Date: _____

Proteins



Across

2. What are the building blocks of protein?
3. Red meat has high levels of this and can cause high blood pressure.
5. This is a type of fish.
7. This meat comes from a cow.

8. A type of dietary protein, that is not meat.
9. Tofu is made from this type of bean.
11. What are laid by chickens?
12. A type of dietary protein.

Down

1. Unhealthy fat that increases risk of heart disease.
4. This type of protein has all the amino acids essential to health.
6. Protein provides structure for?
10. Hemoglobin is a type of protein that carries this.

Word Bank

Salmon
Hair
Soy

Complete
Amino Acids
Beef

Eggs
Animal
Saturated

Oxygen
Sodium
Plant