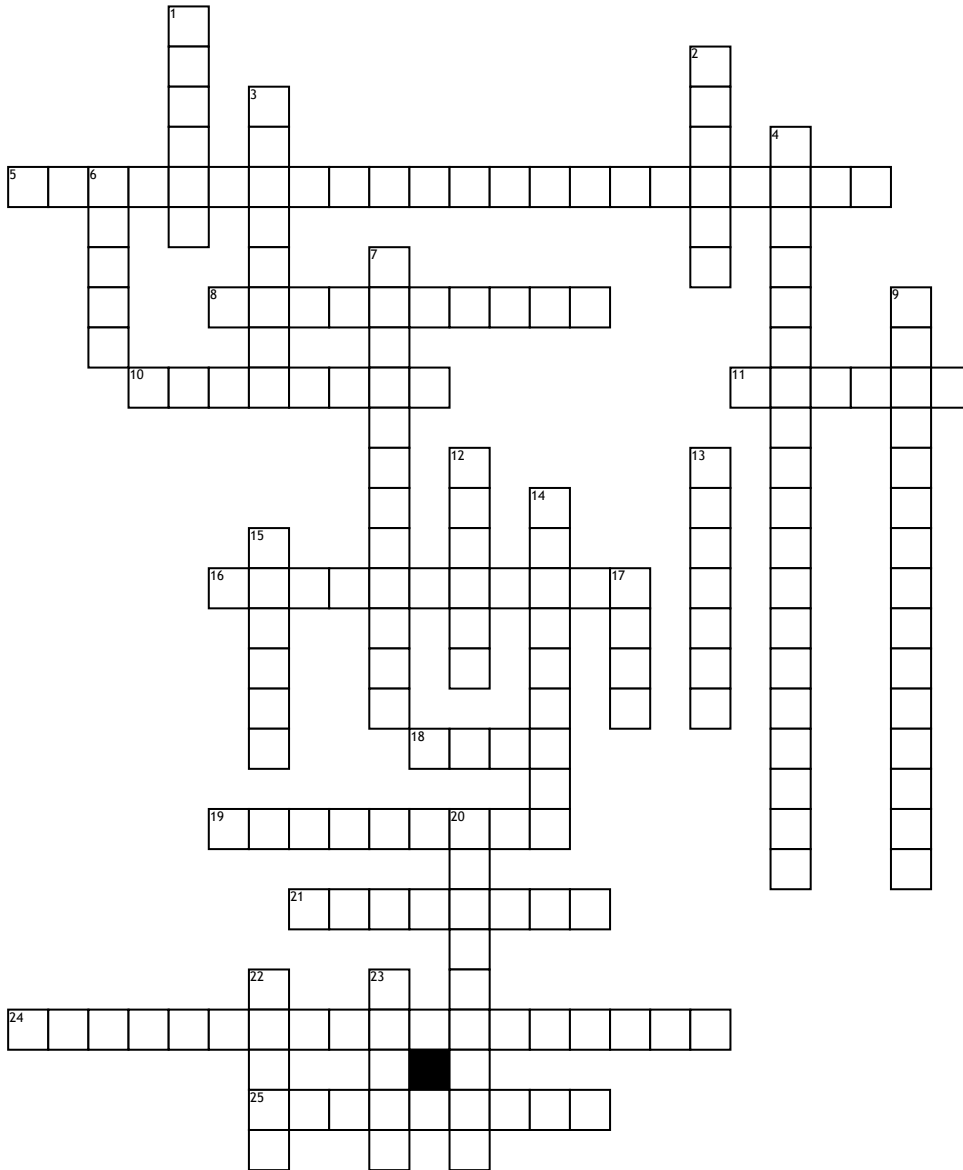


Year 10 Home Economics Term 1



Across

- 5. Two LBV proteins are eaten together
- 8. Building blocks of protein
- 10. Complex Carbohydrates
- 11. Where a nutrient comes from
- 16. Plant source and liquid at room temperature
- 18. Type of sugars not found in cells of foods and not found in milk
- 19. Type of sugar found in the cells of foods
- 21. How a nutrient works
- 24. Protein does not contain all the indispensable amino acids

25. Essential substances found in foods that provide our bodies with nourishment

Down

- 1. Plan that compares your income against your expenses
- 2. Simple Carbohydrates
- 3. Someone who makes a purchase
- 4. Protein contains all indispensable amino acids
- 6. (blank) 3 and 6- essential fatty acids
- 7. Tofu and soya products
- 9. Eats dairy products but no meat or eggs

12. We need this for everyday activities

- 13. Eating excess carbohydrate can lead to.....
- 14. Type of sugars that are not found in the cells of foods
- 15. Protein found in meat, fish and eggs
- 17. Food and drink we eat each day
- 20. Animal fat and solid at room temperature
- 22. Protein found in cereal products, nuts and pulses
- 23. Needed for a healthy digestive system