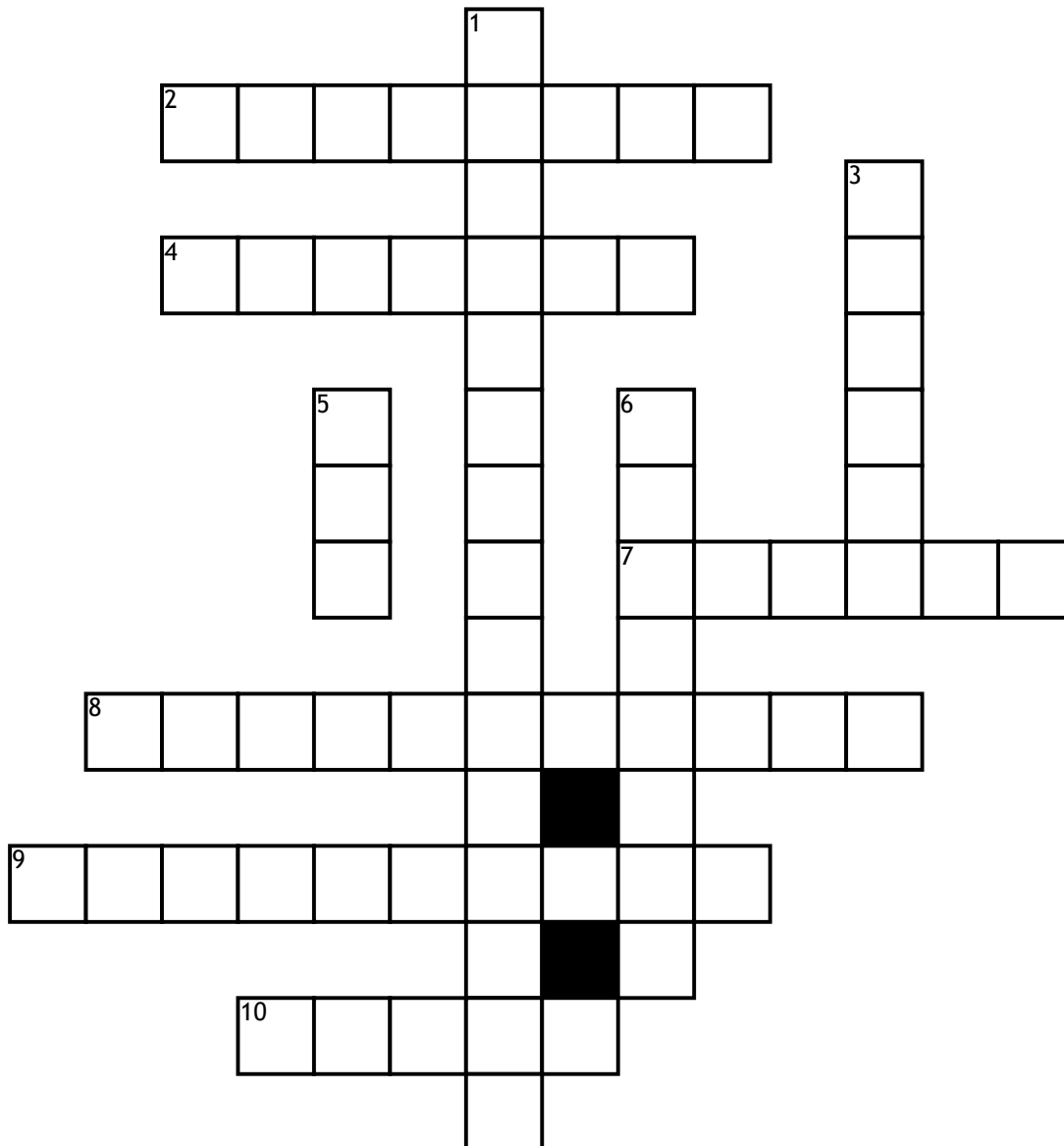


# Carbohydrates



## Across

2. Carbohydrates are molecular compounds made from 3 elements: carbon, ?, and oxygen.

4. What's a single-unit carb with 6 carbon atoms, 12 hydrogen atoms and 6 oxygen atoms?

7. carbohydrates provide what main source?

8. Carbohydrates are also called?

9. Dietary fiber is essential for what kind of health?

10. when glucose is converted into glycogen where's it stored for an energy reserve?

## Down

1. what's the simplest form of carbohydrates?

3. Carbs help to fight against?

5. Excess glycogen that cannot be used as energy is converted into...?

6. carbohydrates are called simple or complex, depending on what kind of structure?