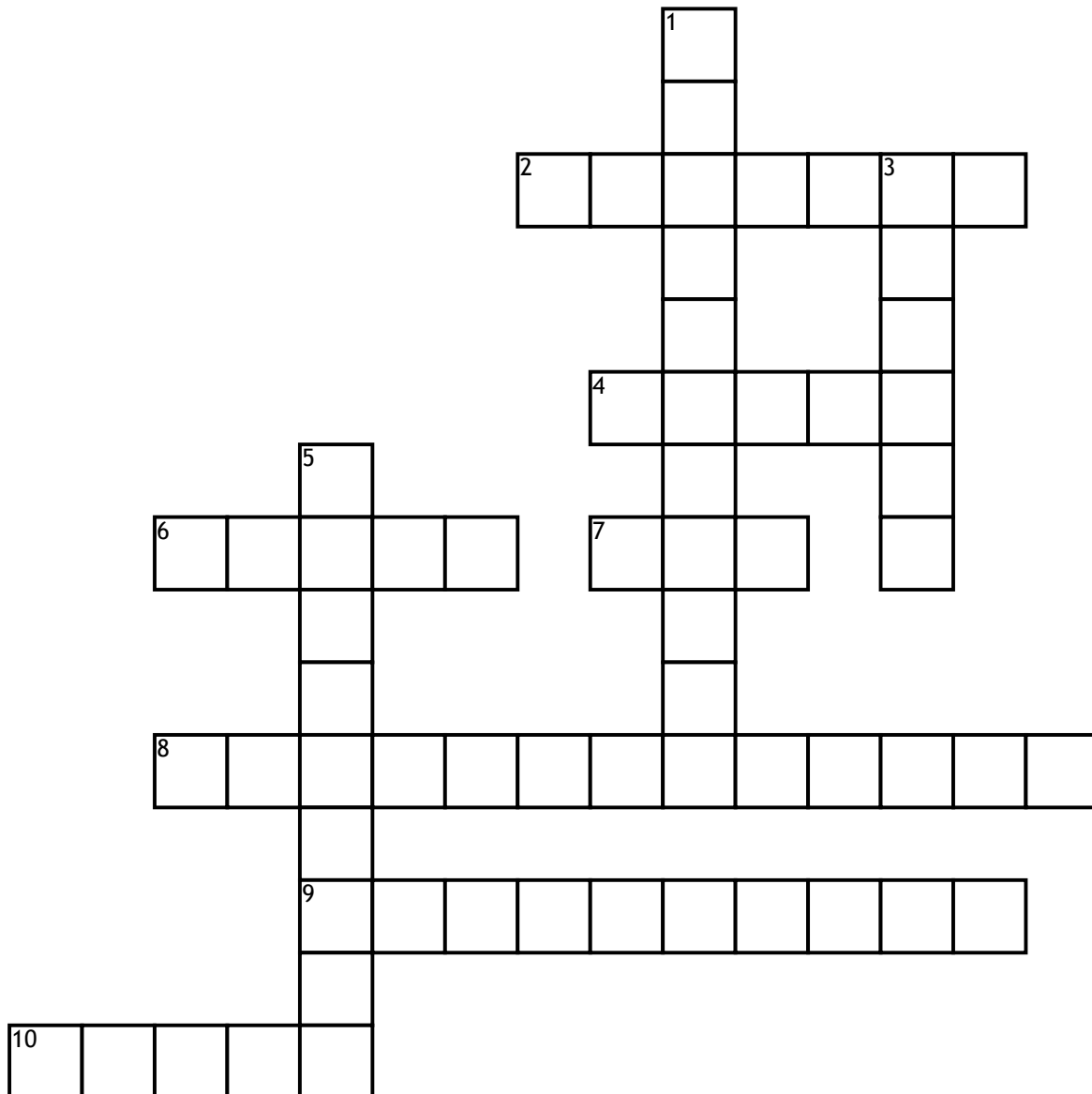


# Carbohydrates



## Across

2. Protein is needed for the growth and repair of \_\_\_\_\_

4. We should only consumer 30 grams of this per day

6. Low biological value proteins are usually from \_\_\_\_\_ proteins

7. Nutrient that is needed to protect our vital organs

8. Nutrient that works as a 'protein sparer'

9. Caused by eating too many sugary foods (5, 5)

10. Source of carbohydrates- strong flour is used in the process of baking

## Down

1. The name given to 'good' fats

3. What is the main function of carbohydrates?

5. The name given to 'bad' fats