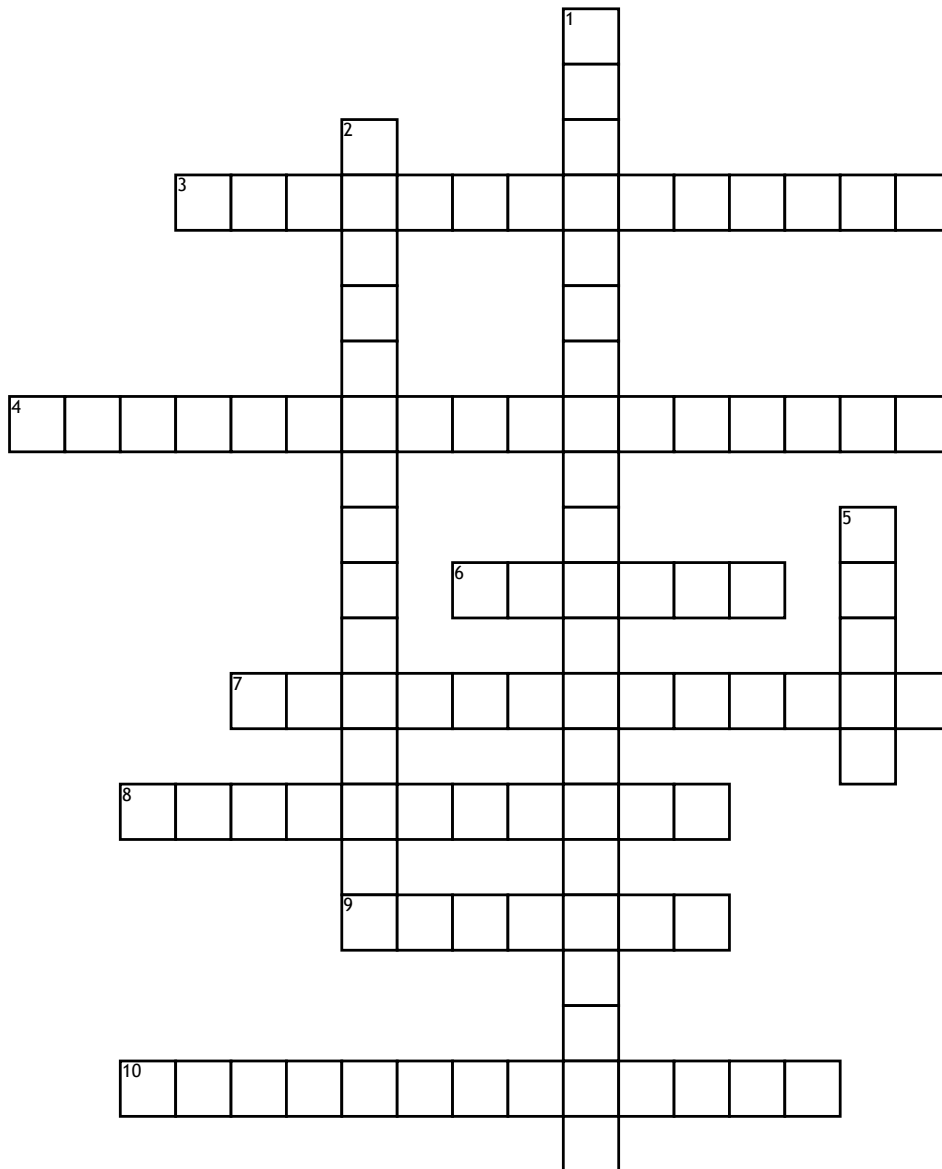


Carbohydrates



Across

- 3. What is the name of the simple sugar that is the building block for all carbohydrates?
- 4. What are foods called that supply calories but have little or no nutritional value?
- 6. What is the source of most carbohydrates?
- 7. Which nutrient provides the body with most of its usable energy?
- 8. Corn syrup, honey, maple syrup, and molasses are examples of what kind of sugar?

- 9. Also known as table sugar.

- 10. What kitchen tool is used to “cut” the shortening into biscuits?

Down

- 1. Candy, soda, and cookies are all examples of what part of MyPlate?
- 2. What are sugars that come from plants and are used to sweeten foods called?
- 5. What type of carbohydrate is not digested by the body?