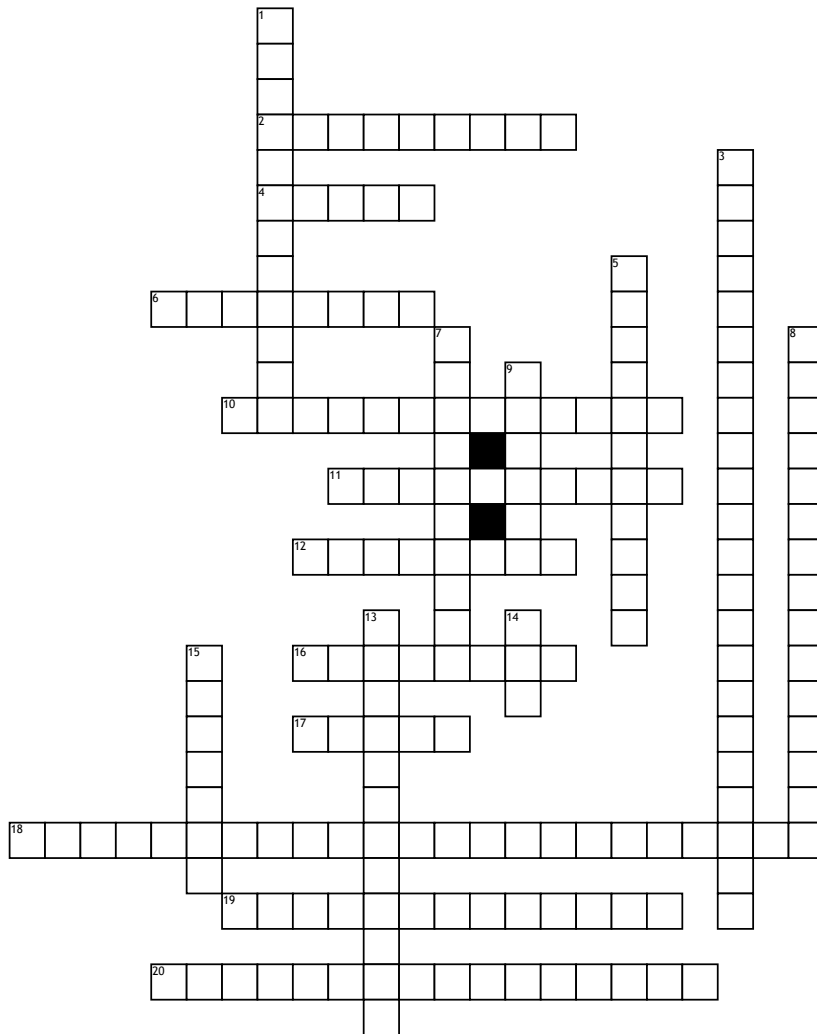


Macronutrients



Across

- 2. Type of amino acids you have to get it through foods.
- 4. Glucose, fructose, maltose, lactose are all _____
- 6. A cell cannot function as well if your body does not have it.
- 10. 70 and above glucose is high _____ in simple carbohydrates.
- 11. Proteins do not provide every acid your body requires daily.
- 12. Other than nutrients in food, _____ bring more nutrients with them.

- 16. The worse fats are being eaten and make people think that every fat is bad.
- 17. A banana might be considered as medium Glycemic because of the presence of _____
- 18. Are called "good cholesterol".
- 19. Fats are produced in coconut oils.
- 20. Thing that if you have it, your body will not need anything else.

Down

- 1. Amino acids are produced by human bodies.
- 3. Take out cholesterol from the liver.
- 5. Substance is not fat but like fat and needed for many processes in body.

- 7. Where are proteins made from?
- 8. Good fats found in vegetable oils.
- 9. Watermelon would be unhealthy food because it contains too much sugar, it also called _____ carbohydrate.
- 13. 50% of proteins consumption should be _____.
- 14. what does your body need to create heat when you are outside in winter?
- 15. Carbohydrates take long to digest and would be in group of healthy foods.

Word Bank

- | | | | |
|--------------------------|------------------|-------------|---------------------------|
| Glycemic Index | Unsaturated fats | Complex | High-density lipoproteins |
| Saturated fats | Cholesterol | Trans Fat | Simple |
| Starches | Proteins | Amino acids | Complete proteins |
| Low-density lipoproteins | Essential | Fat | Non-essential |
| Carbohydrate | Fibre | Sugar | Incomplete |