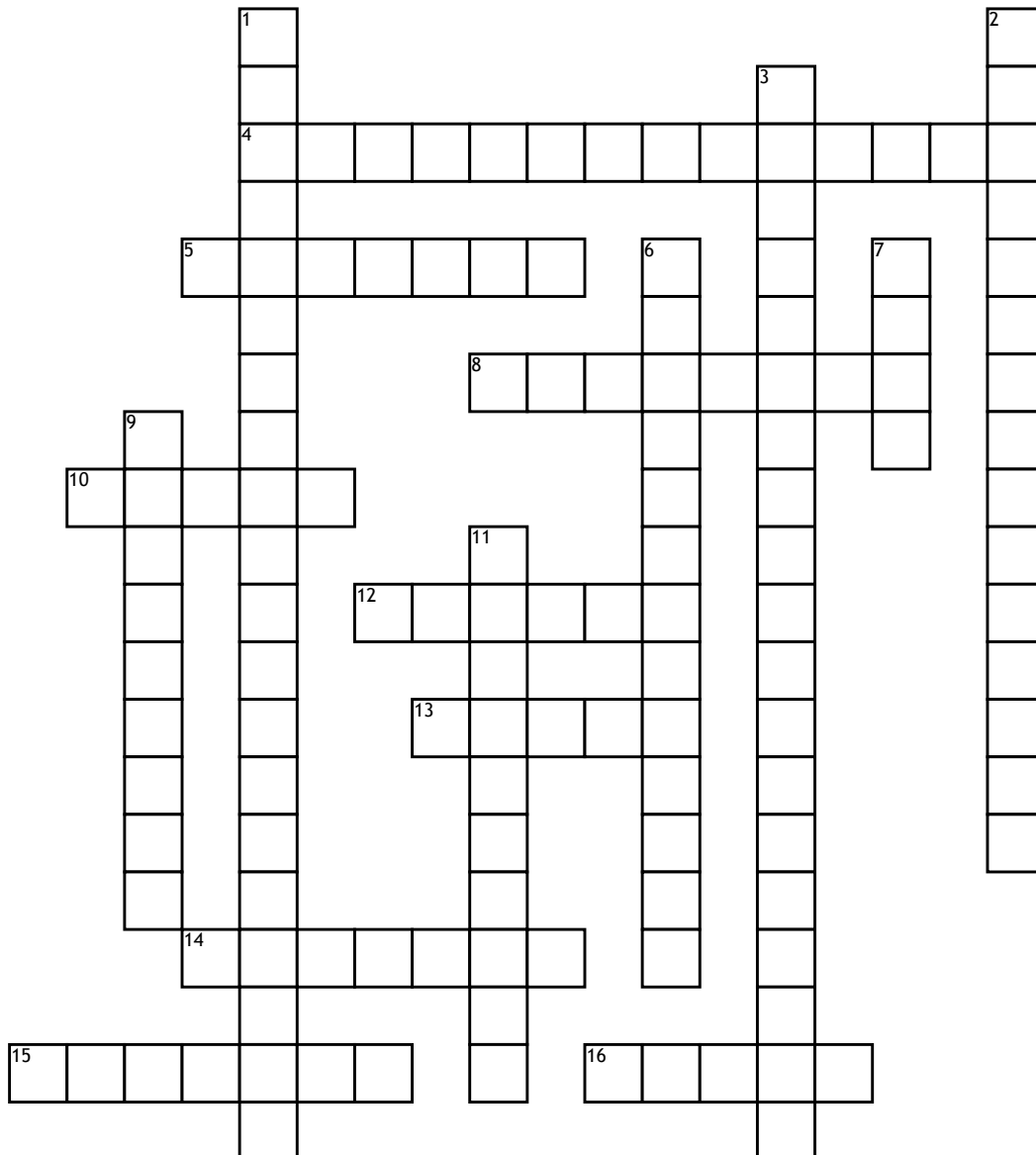


Macronutrients



Across

4. A type of food required in large amounts in the human diet

5. A simple sugar that is an important energy source in living organisms and is a component of many carbohydrates

8. A substance that provides nourishment essential for growth and the maintenance of life

10. A simple carbohydrate that makes things sweet

12. Macronutrients supply your body with this

13. Forgotten nutrient

14. this unit is used as a measure of the energy released as it is broken down

15. You get this from red meat

16. Passes out of your body without being digested

Down

1. Starches that take longer to break down

2. Fats or fatty acids that are liquid at room temperature

3. Sugars that provide quick energy that does not last very long

6. This can come in a simple or complex form

7. Provide storage and insulation for your body.

9. The process of providing or obtaining the food necessary for health and growth

11. the chemical process by which your body breaks down food to release as energy.