

Name: _____

Date: _____

Nutrition

1. A macromolecule that gives energy
 2. The building blocks of the body
 3. The temperature to raise 1 gram of water 1 degree
 4. Lack of this causes babies to be born with part of the spine outside the body
 5. Form of carbohydrate that does not provide the body with energy
 6. Table sugar
 7. Sugar found in fruits
 8. Fiber that dissolves in water
 9. Partially hydrogenated vegetable oils are called this
 10. This increases LDL cholesterol
- A. Sucrose
 - B. Trans fats
 - C. Soluble fiber
 - D. Fiber
 - E. Carbohydrates
 - F. Saturated fats
 - G. Fructose
 - H. Calorie
 - I. Protein
 - J. Folate