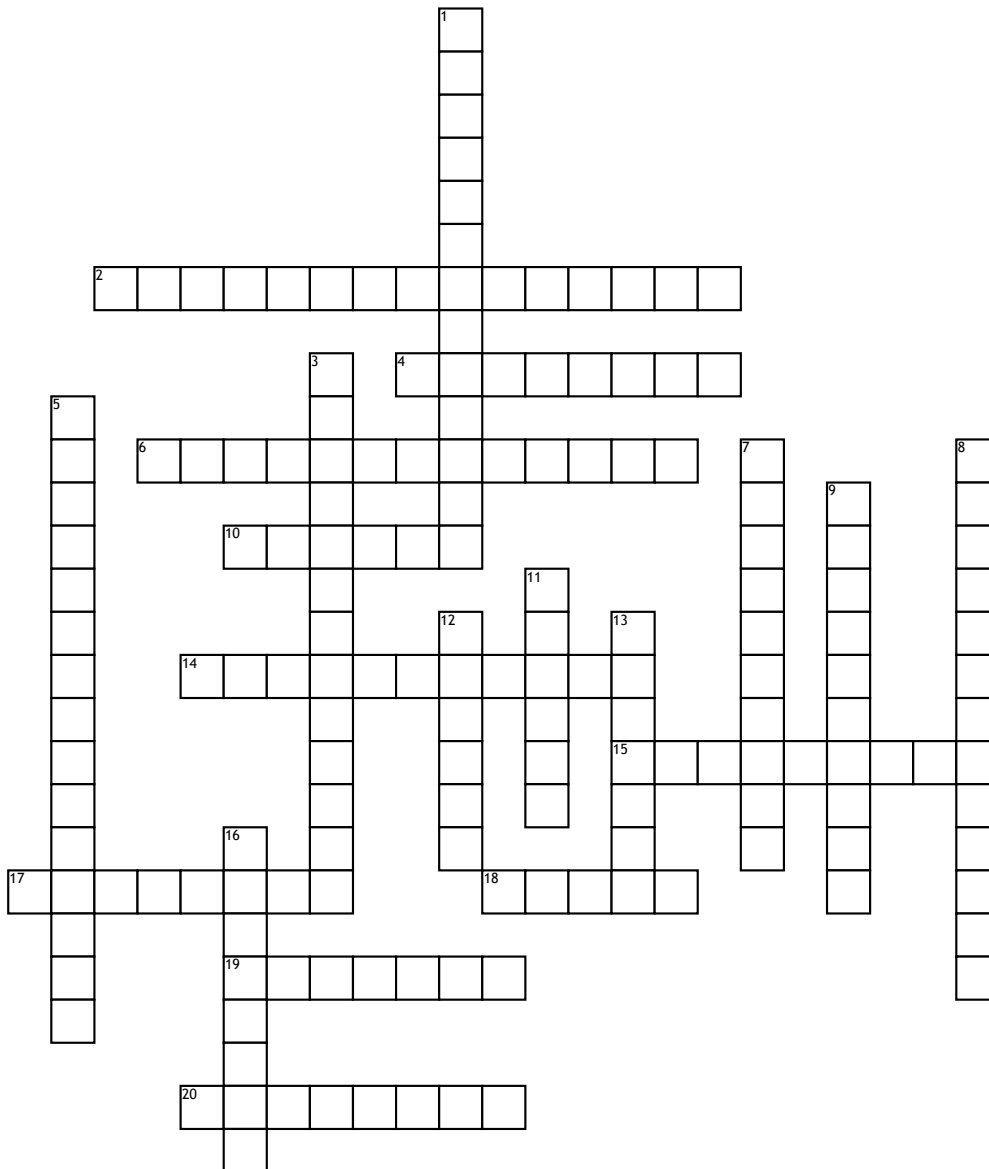


# Nutrition and Metabolism Crossword



## Across

2. \_\_\_\_\_ simple carbohydrate made up of one sugar unit.

4. \_\_\_\_\_ are made up of (C), (H), (O), (N), and sometimes (S).

6. \_\_\_\_\_ are made up of sugar units.

10. \_\_\_\_\_ are commonly called fats and oils.

14. \_\_\_\_\_ is a waxy substance that is part of every cell in your body and is used in the production of steroid hormone.

15. \_\_\_\_\_ is found in plant cell walls and give support to the plant.

17. \_\_\_\_\_ are vital nutrients that are only needed in small amounts.

18. \_\_\_\_\_ make a waterproof coating for plant leaves or animal feathers.

19. \_\_\_\_\_ are proteins that speed up chemical reactions.

20. \_\_\_\_\_ is stored in our liver and can be converted back to glucose.

## Down

1. \_\_\_\_\_ are formed by the union of 2 monosaccharides.

3. \_\_\_\_\_ formed from the union of one glycerol and two fatty acids. Parts of cell membranes.

5. \_\_\_\_\_ are also known as complex carbohydrates.

7. \_\_\_\_\_ in the cytoplasm of cells are made up largely of protein.

8. \_\_\_\_\_ usually come from animal fats.

9. \_\_\_\_\_ is the sum of all chemical reactions that occur within the cells.

11. A \_\_\_\_\_ atom contains 6 protons, 6 neutrons, and 6 electrons.

12. \_\_\_\_\_ is found in plant bodies and is often stored in roots and seeds.

13. The body breaks down complex carbs into \_\_\_\_\_.

16. \_\_\_\_\_ are "team players" and only needed in small amounts.