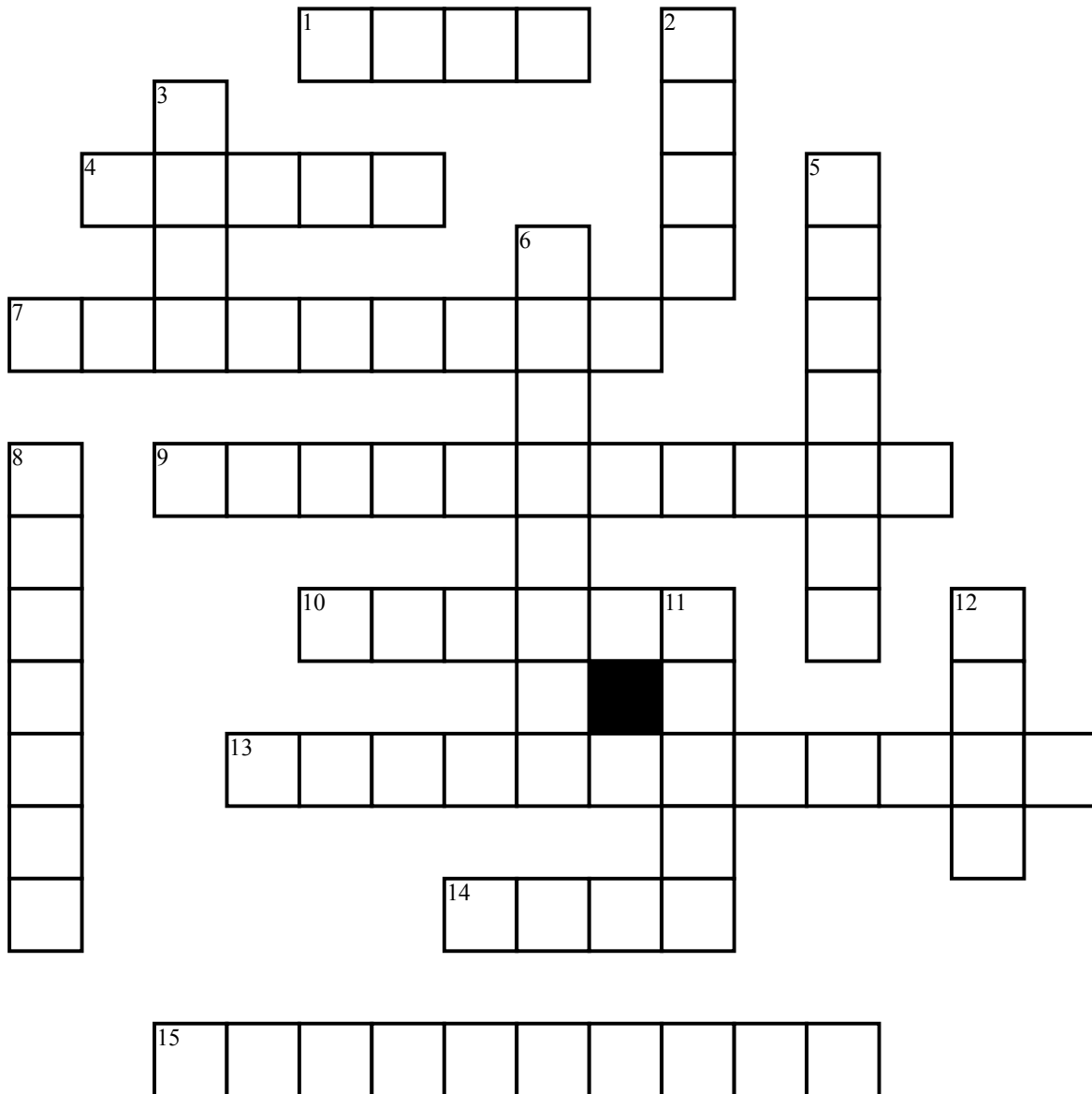


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Protein



## Across

1. You can eat these boiled, scrambled, or fried.  
4. Soy, Lima, and Black \_\_\_\_\_ is a good source of protein.  
7. Amino acids required for body function, but are only found in food that is consumed.  
9. Made out of soy.

10. Whole \_\_\_\_\_ also have protein.  
13. Amino acids made by the body and is found in food.  
14. Almonds, pistachos, and cashews are all \_\_\_\_\_.  
15. There are 2 types of \_\_\_\_\_ found in protein.

## Down

2. Vegetarians don't eat \_\_\_\_\_.

3. Sweet, chick, and black eyed are types of \_\_\_\_\_.  
5. Chicken is considered to be \_\_\_\_\_.  
6. Each gram of protein provides 4 \_\_\_\_\_.  
8. Each grain of \_\_\_\_\_ provides 4 calories.  
11. A lot of people enjoy sunflower \_\_\_\_\_.  
12. Each \_\_\_\_\_ of protein provides 4 calories.