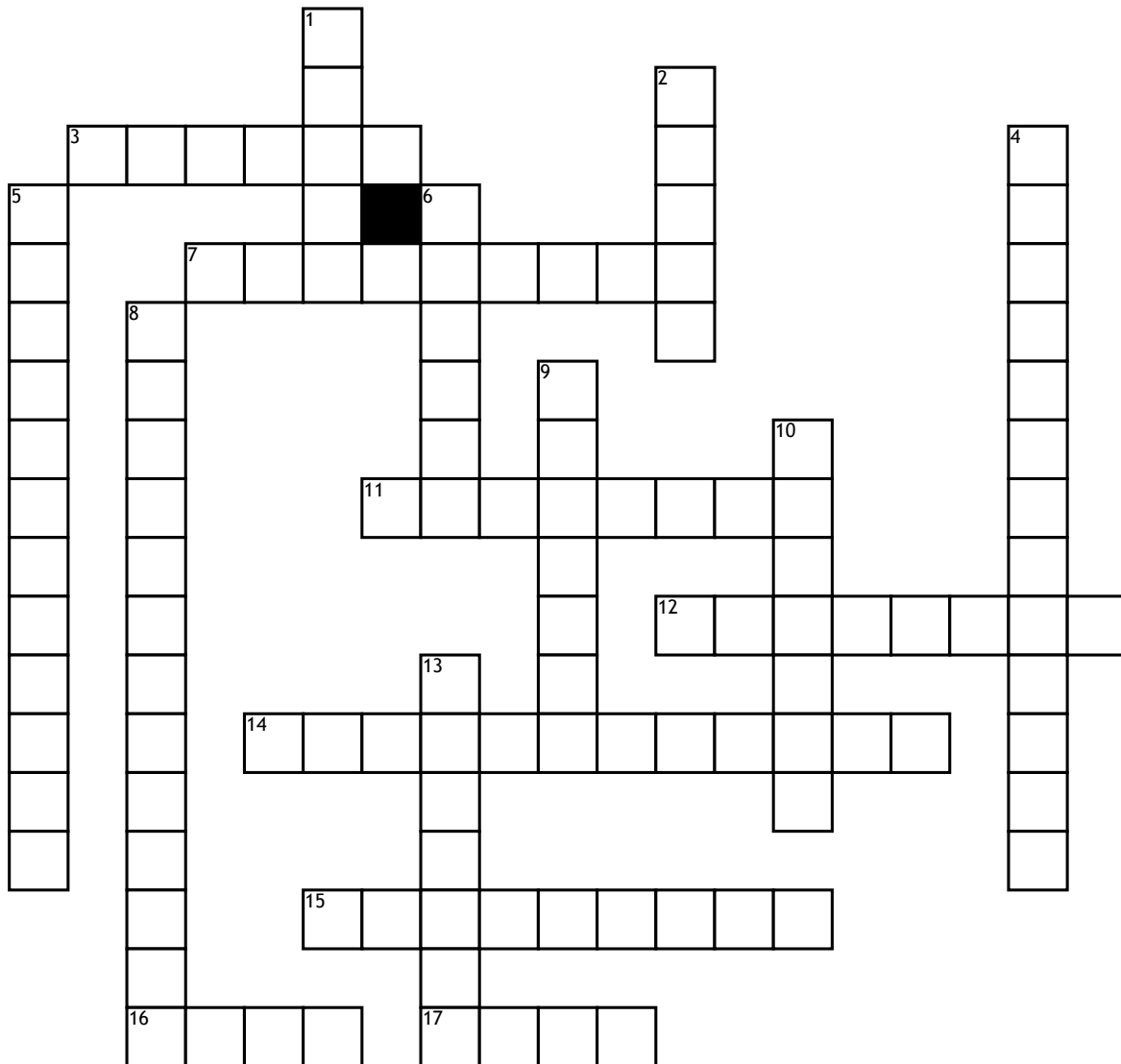


Protein



Across

- 3. high quality protein is a protein that contains _____ of the essential AA
- 7. need to eat because the human body does not make on own (type of AA)
- 11. structure of protein that transports materials
- 12. element/atom that sets proteins apart from lipids or carbs
- 14. human body makes enough of these, do not need to consume (type of AA)

- 15. Building blocks of protein
- 16. part of egg that contains most of the fat, but also most of the other nutrients

- 17. protein power food

Down

- 1. brown rice and _____ are complementary proteins
- 2. part of the egg most people do not eat but contains protein nonetheless
- 4. a large molecule that could be a protein, lipid, or carbohydrate

- 5. when a protein breaks down into its amino acids
- 6. _____ protein is a higher quality protein
- 8. when people eat 2 or more protein sources to get all of the essential AA
- 9. structure of protein that provides structure to cells
- 10. 16% of the human body
- 13. bonds that connect the nitrogen of one AA to the carbon of another AA to bond them together