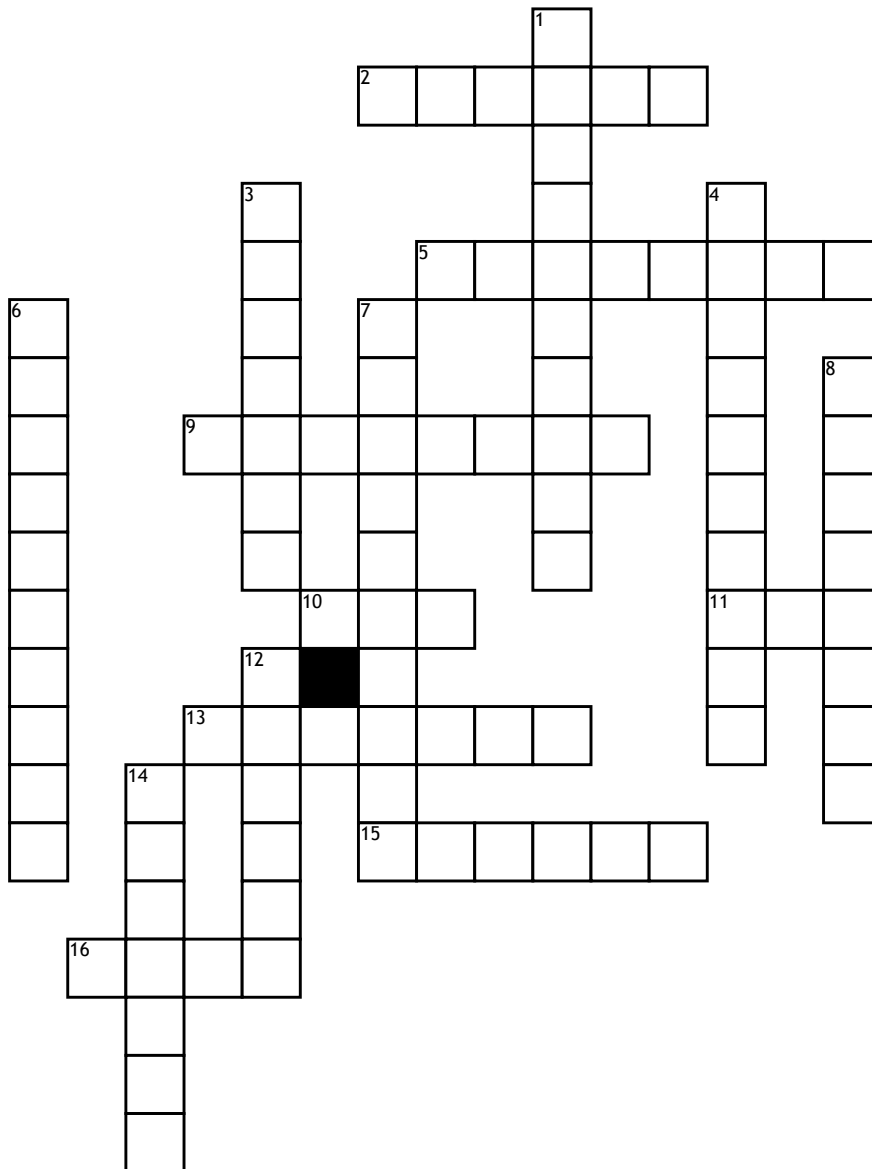


Protein Review



Across

- 2. Incomplete proteins come from _____.
- 5. Insects are an example of what type of protein
- 9. Too little protein can make a person feel _____
- 10. Too much protein is stored as what in the body?
- 11. Complete proteins contain _____ the essential amino acids.

- 13. It is important to consume a _____ of proteins for a healthy diet.
- 15. Too little protein can make healing from wounds and cuts _____.
- 16. Too little protein can result in thinning _____

Down

- 1. There are two categories of protein, complete and _____.
- 3. Complete proteins come from _____

- 4. Too much protein can lead to _____
- 6. Beans are a type of what protein?
- 7. Protein is made up of different _____
- 8. Fish is a type of what protein?
- 12. Too much protein can increase your risk of heart disease and _____.
- 14. Protein builds and _____ tissue.