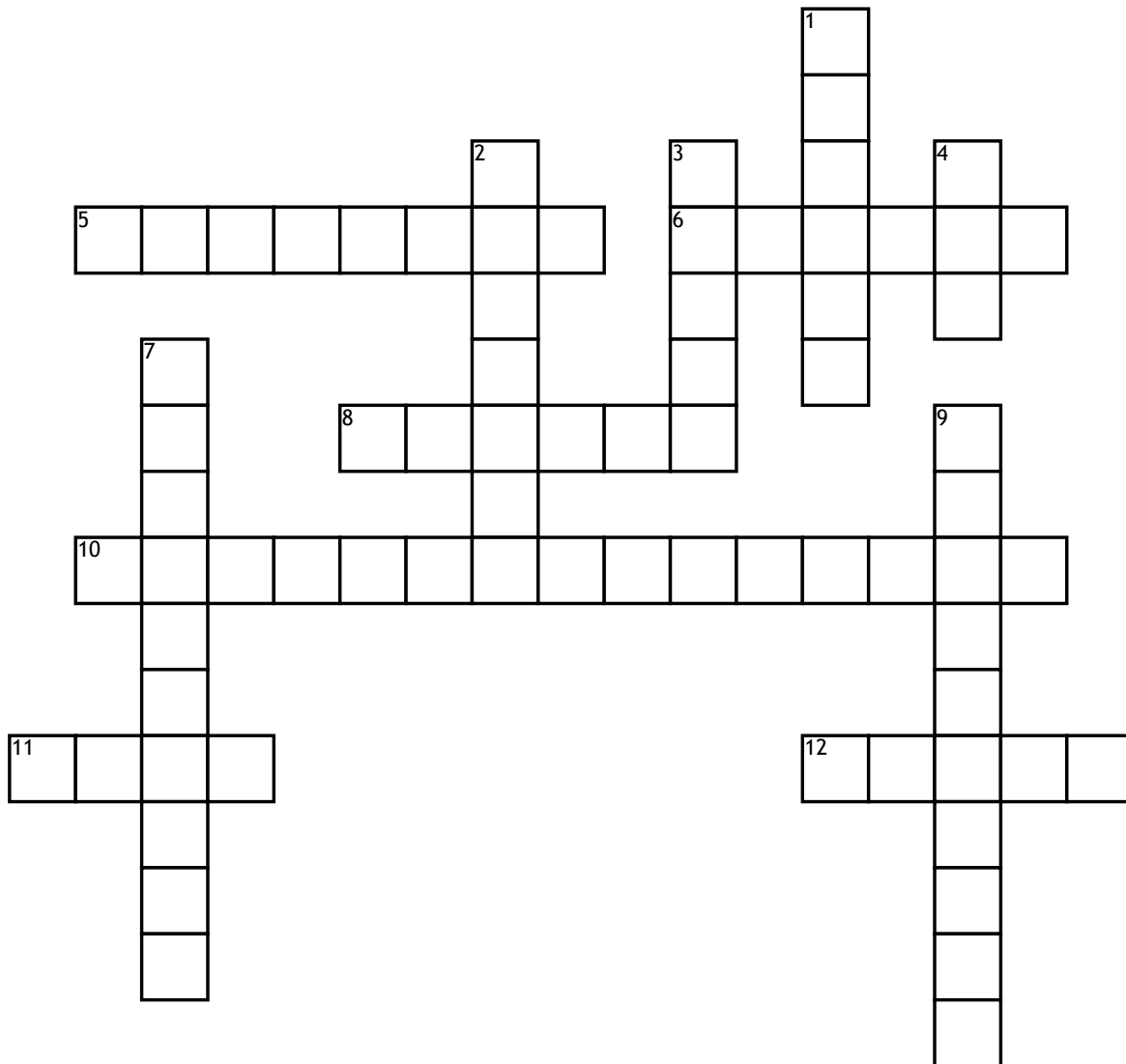


Proteins



Across

5. Incomplete proteins have to be _____ to

be useful to our bodies

6. All _____

proteins are complete.

8. What is excess protein is converted to?

10. A food that has all 9 amino acids

11. Name a good source of protein

12. Name a non-animal complete protein

Down

1. A source of incomplete proteins is _____

2. Name a good source of protein

3. How often must individuals replenish themselves with protein?

4. What does excess protein turn into if it cannot be used for energy?

7. Foods that have only part of the 9 essential amino acids

9. Building blocks of protein