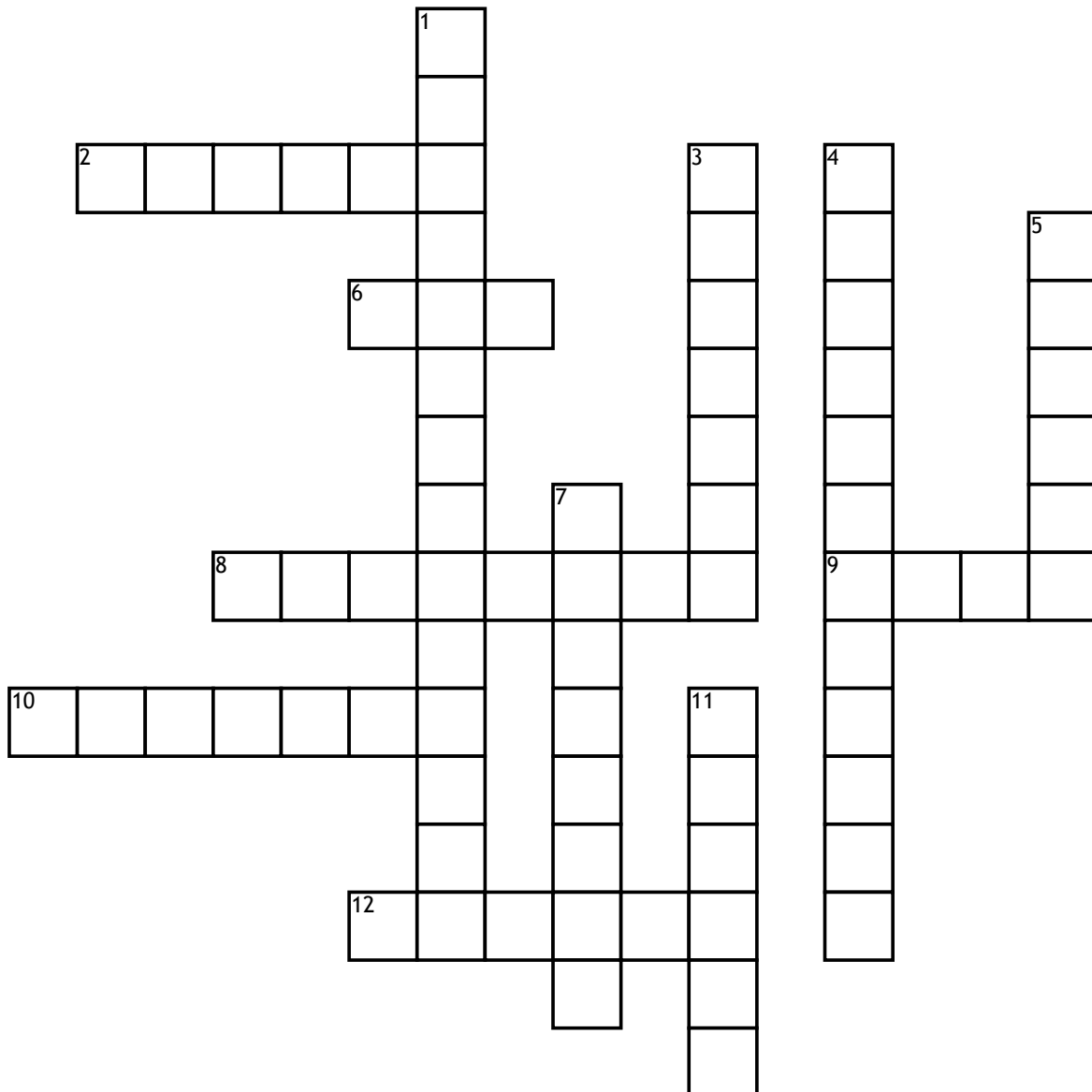


carbohydrates



Across

- 2. A high GI food is absorbed more _____ into the blood stream
- 6. how is excess carbohydrate in the body stored
- 8. sucrose is made up of glucose and _____
- 9. the glycaemic index of white bread and potatoes is _____

- 10. carbohydrates provide _____ kJ, of energy
 - 12. Carbohydrates are made up of carbon, hydrogen and _____
- Down**
- 1. GI stands for _____
 - 3. Maltose is amde up of glucose and _____

- 4. the combining or two momosaccarides produces a _____
- 5. this is an example of a polysaccharide
- 7. an examaple of a low GI food
- 11. All carbohydrates come from _____