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8th grade SLO Review

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| **Across****4.** The 9 amino acids we need to eat through our diet.**7.** The worst type of fat to have in our diet.**10.** Short bursts of energy**11.** All of the foods you eat and drink.**14.** Long sustained amount of energy**16.** The study of how our body processes and uses the foods we eat and drink.**18.** Sucrose**19.** Helps aid in digestion. | **Down****1.** You can only survive a few days without this.**2.** Maltose**3.** Fruit Sugar**5.** They help the chemical processes in our body.**6.** BMI**8.** ADEK**9.** BMR**12.** The main job of carbohydrates is to provide\_\_\_\_\_\_\_**13.** Needed for growth, maintenance, and repair of tissue.**15.** A fat like substance made of glucose and saturated fatty acids.**17.** This mineral gives us healthy bones |