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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 |