Nutrition and Metabolism Crossword

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  | 1 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  | 5 |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 6 |  |  |  |  |  |
|  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 8 |  |  |  |  | 9 |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 11 |  | 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 13 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | 15 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****2.** Stores excess triglycerides. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)**7.** Also called single sugars (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)**11.** What type of nitrogen balance will a person who is starving have? (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)**13.** Complex carbohydrates including starch from plant foods and glycogen from meats (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)**14.** These can be found in plant and animal based foods. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)**15.** Also called low quality proteins. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 701) Dubuque, IA: McGraw-Hill.) | **Down****1.** The primary source of fuel for cellular processes is provided by this organic compound (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 698) Dubuque, IA: McGraw-Hill.)**3.** These are proteins that aid the thousands of biochemical reactions that take place in and out of the bodys cells. www. healthline.com**4.** Simple carbohydrates from milk, cane, beet sugar and molasses (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 697) Dubuque, IA: McGraw-Hill.)**5.** Also called high quality proteins. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 701) Dubuque, IA: McGraw-Hill.)**6.** Weight loss and skin lesions could be a deficiency of which nutrient. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)**8.** Extreme weight loss, wasting, anemia, and growth retardation could be a deficiency in what nutrient? (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 702) Dubuque, IA: McGraw-Hill.)**9.** Triglycerides must go through this process before the molecules can release energy. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 699) Dubuque, IA: McGraw-Hill.)**10.** Mainly supply energy. (Shier, D., Butler, J., Lewis, R. (2018). Hole’s human anatomy & physiology (15th ed.). (pp. 698) Dubuque, IA: McGraw-Hill.)**12.** The only sugar used by the body to provide energy for its tissues http://www.sparknotes.com |

   Carbohydrates       Disaccharides       Polysaccharides       Monosaccharides       Glucose       Triglycerides       Hydrolysis       Lipid       Adipose tissue       Fats       Protein       Complete proteins       Incomplete proteins       Negative nitrogen       Enzymes