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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Protein

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|  | 5 |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |
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| **Across****3.** high quality protein is a protein that contains \_\_\_\_\_\_ of the essential AA**7.** need to eat because the human body does not make on own (type of AA)**11.** structure of protein that transports materials**12.** element/atom that sets proteins apart from lipids or carbs**14.** human body makes enough of these, do not need to consume (type of AA)**15.** Building blocks of protein**16.** part of egg that contains most of the fat, but also most of the other nutrients**17.** protein power food | **Down****1.** brown rice and \_\_\_\_\_\_\_\_ are complementary proteins**2.** part of the egg most people do not eat but contains protein nonetheless**4.** a large molecule that could be a protein, lipid, or carbohydrate**5.** when a protein breaks down into its amino acids**6.** \_\_\_\_\_\_\_\_\_ protein is a higher quality protein**8.** when people eat 2 or more protein sources to get all of the essential AA**9.** structure of protein that provides structure to cells**10.** 16% of the human body**13.** bonds that connect the nitrogen of one AA to the carbon of another AA to bond them together |