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

Protein

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|  |  | 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 4 |  |
|  | 5 |  |  |  |  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 13 |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  | 16 |  |  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |
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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 |