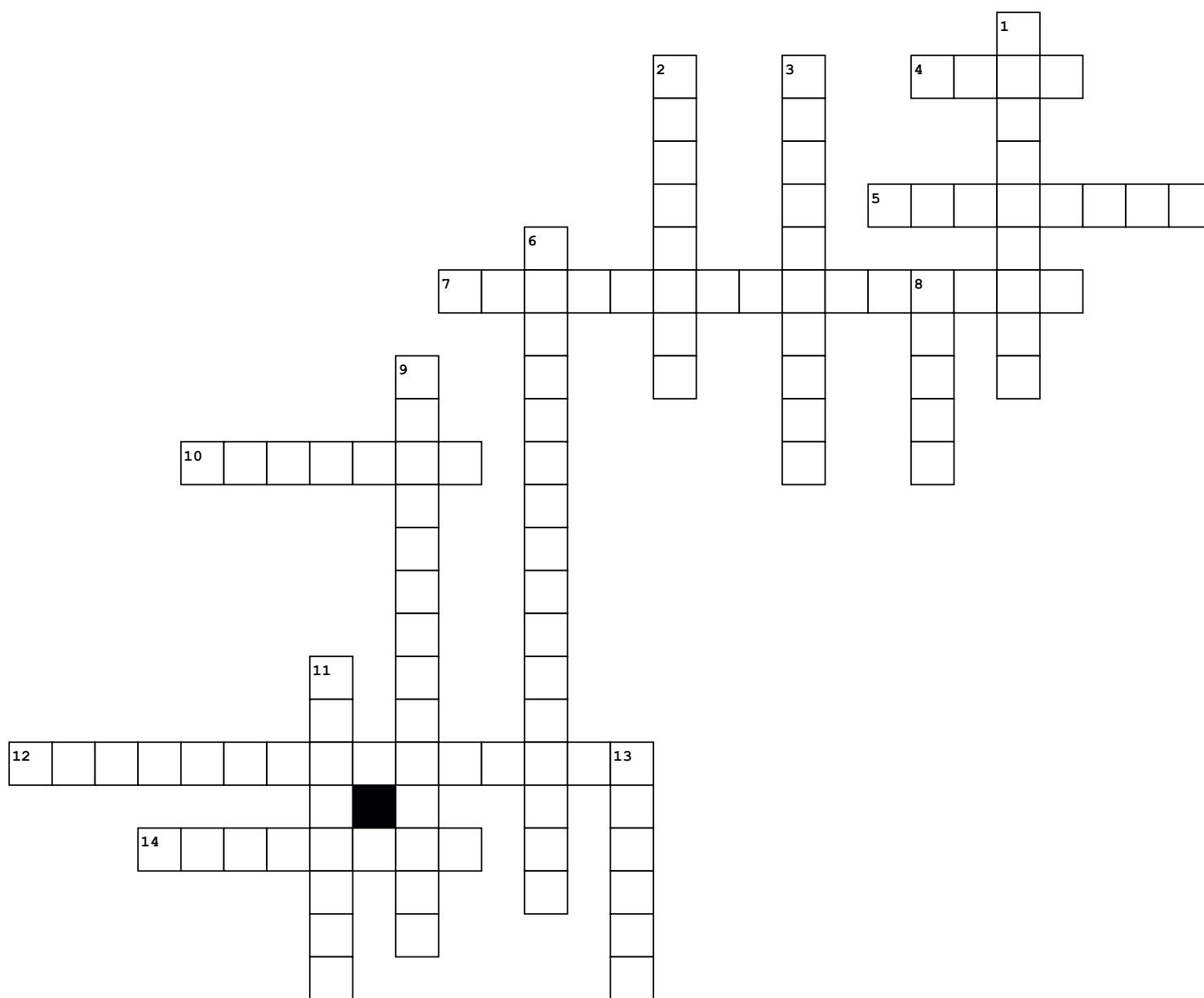


Carbohydrates



Across

4. sweetener, is a sugar ingredient in foods
5. forms when starch is digested
7. the chemical process that makes carbohydrates
10. fibers, consists of plant materials that can't be digested by human enzymes
12. mono means "one" and saccharide means "sugar"
14. is found only in milk and milk products

Down

1. fruits, many vegetables, and honey contain fructose, a highly sweet sugar
2. this mildly sweet sugar exists naturally in fruits and vegetables
3. this sugar is seldom found naturally in foods. It is in milk sugar. not very sweet
6. to build starches plants combine single glucose units into more complicated chemical arrangements
8. alcohol, these occur naturally in fruits and vegetables, but they are also manufactured from

carbohydrates for use in sugar-free foods

9. are your main source of energy

11. is found in fruits, sugar cane, and sugar beets

13. carbohydrates, because their one- and two- unit structures are chemically simple, sugars are called