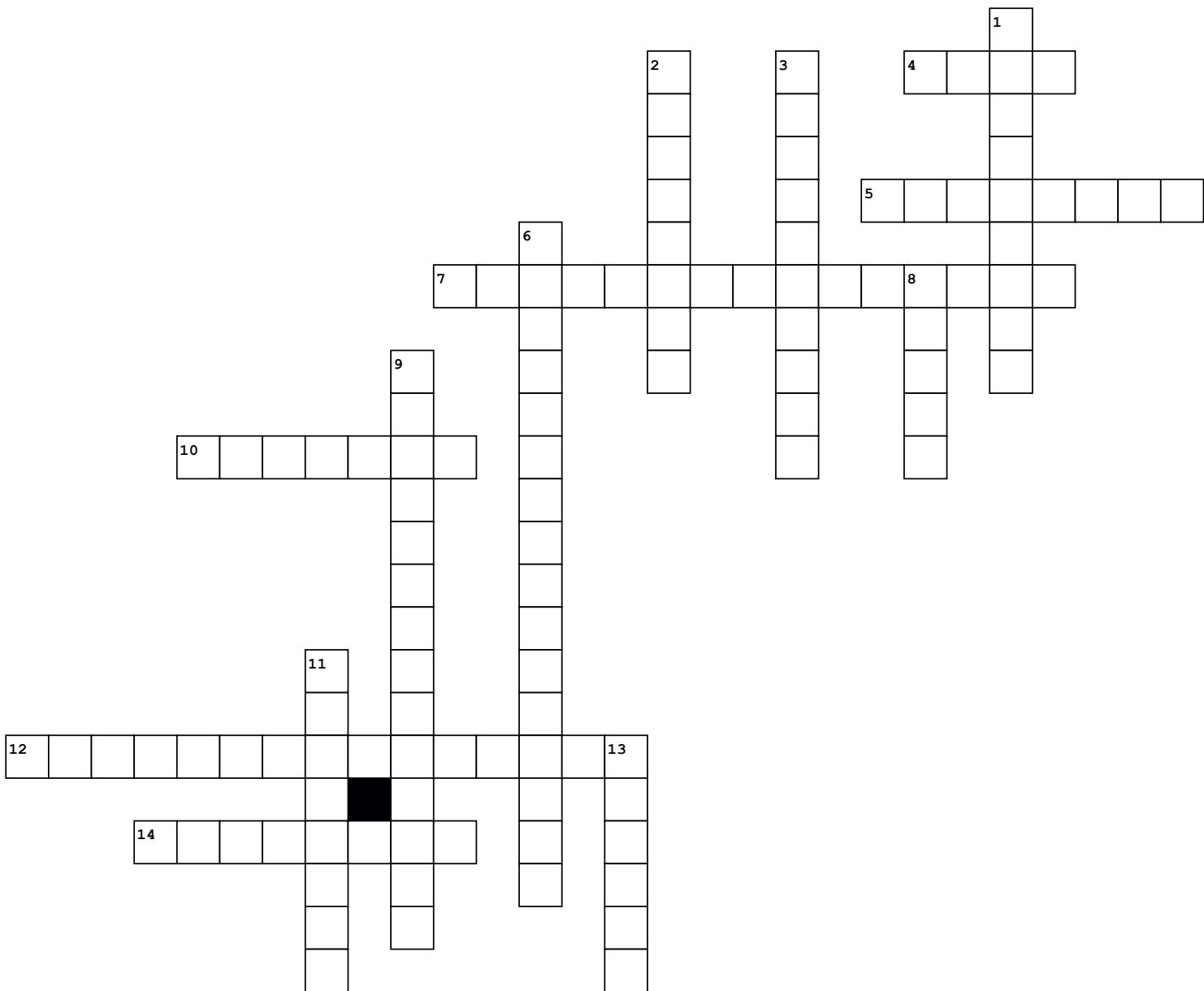


Carbohydrates



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 built 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