

Name: \_\_\_\_\_

### Carbohydrates

\_\_\_\_\_ are a diverse group of \_\_\_\_\_ . They are  
\_\_\_\_\_ in size. There are \_\_\_\_\_ types of  
carbohydrates. \_\_\_\_\_ . Carbons  
in carbohydrates are the \_\_\_\_\_ of the \_\_\_\_\_ .  
\_\_\_\_\_ are monosaccharides and \_\_\_\_\_ are  
disaccharides. \_\_\_\_\_ are \_\_\_\_\_ and \_\_\_\_\_ are  
\_\_\_\_\_ .

Monosaccharide	Fructose	Glucose	4	glucose
Disaccharide	Sucrose	Lactose	Disaccharide	Sucrose
Polysaccharide	Starch	Fiber		

### Protein

\_\_\_\_\_ build \_\_\_\_\_ . They can be used for  
energy. There are \_\_\_\_\_ amino acids. Proteins are made  
up of \_\_\_\_\_ . There are \_\_\_\_\_ different amino acids.  
\_\_\_\_\_ are \_\_\_\_\_ . \_\_\_\_\_ and  
\_\_\_\_\_ . Complete proteins have \_\_\_\_\_ amino  
acids. Incomplete proteins lack \_\_\_\_\_ of the 8 essential amino acids.

Protein	Complete	8 or more	All 8 essential
Protein	Incomplete	Less than 8	Some
Protein	Essential	Essential	8