

NAME \_\_\_\_\_ CLASS \_\_\_\_\_ PERIOD \_\_\_\_\_

### Cool Carbs

Find the words listed below in the word search. After all the words are found, the letters that are not used reveal a hidden message at the bottom of this sheet.

M A I L L A R D S C H O O H P  
S E E R A V A A R T G I C E O  
T Y T O E F F O G L N R O D L  
S W A I T M H I U U A A N E Y  
A C R H F O O C O T S D L G S  
R O D U E P O S S F K G Q P A  
G L Y C O S I D I C B O N D C  
A S H B E B O J E F O R G E C  
A Y O L D Z M L R V E N Q S H  
I F B T V K E U U M L M N O A  
R P R J Z D C Y Y L C N P T R  
O J A P B T P L N T L A K C I  
F M C O O X O N I T C E P A D  
L E G S Q P E N E R G Y C L E  
Y J E B N J E W W J H G O U R

CARBOHYDRATE	CELLULOSE	ENERGY	FRUCTOSE
GEL	GLYCOSIDIC BOND	GLUCOSE	ISOMER
LACTOSE	MAILLARD	PECTIN	PLANTS
POLYMER	POLYSACCHARIDE	STARCH	SUGAR

HIDDEN MESSAGE: We should \_\_\_\_\_  
\_\_\_\_\_.

**Solution to Cool Carbs**

M A I L L A R D S C H O O H P  
 S E E R A V A A R T G I C E O  
 T Y T O E F F O G L N R O D L  
 S W A I T M H I U U A A N E Y  
 A C R H F O O C O T S D L G S  
 R O D U E P O S S + + + + P A  
 G L Y C O S I D I C B O N D C  
 + + H + E + O + + F + R + E C  
 + + O + + + + L R + E + + S H  
 + + B + + + + U U M + + + O A  
 + + R + + + C + Y L + + + T R  
 + + A + + T + L + + L + + C I  
 + + C + O + O N I T C E P A D  
 L E G S + P E N E R G Y C L E  
 + + E + + + + + + + + + +

(Over, Down, Direction)

CARBOHYDRATE (3, 13, N)

ENERGY (7, 14, E)

GEL (3, 14, W)

GLYCOSIDIC BOND (1, 7, E)

LACTOSE (14, 14, N)

PECTIN (13, 13, W)

POLYMER (6, 14, NE)

STARCH (9, 6, NE)

CELLULOSE (13, 14, NW)

FRUCTOSE (10, 8, SW)

GLUCOSE (11, 2, SW)

ISOMER (9, 7, NW)

MAILLARD (1, 1, E)

PLANTS (14, 6, NW)

POLYSACCHARIDE (15, 1, S)

SUGAR (11, 5, NW)

**HIDDEN MESSAGE:**

We should choose a variety of foods within each food group.