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Chapter 10, lesson 2

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| **Across****2.** A condition where the bones become fragile and break easily.**6.** Nutrients the body uses to build and maintain cells and tissues.**9.** Elements found in food that are used by the body.**12.** Moderate amounts may lower your risk of heart disease.**13.** Something that helps regulates many body processes.**14.** Waxy, fat like substance. In your blood it can build up on the insides of the arteries. | **Down****1.** A carbohydrate that the body cannot digest.**3.** Consuming to much of this may increase your risk of heart disease.**4.** Body's main source of energy.**5.** Part of a compound in the red blood cells needed for carrying oxygen.**7.** Can raise your total blood cholesterol level.**8.** This mineral is in foods like dairy products, meat, and eggs.**10.** Forms bones and teeth.**11.** Sustains regular heartbeat, aids in bone groth and energy production. |