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Chapter 2: Nutritional Needs Crossword

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| **Across**  **4.** A mineral, such as iron or iodine, that is needed in the diet in amounts of less than 10 milligrams per day is called a(n) \_\_\_\_\_ element.  **6.** The bodily process of breaking food down into simpler compounds the body can use.  **7.** A nutrient required by the body to lubricate the joints and body cells and help regulate body temperature.  **8.** A disease of the nervous system resulting in a thiamin deficiency.  **10.** High blood pressure  **11.** A vitamin that dissolves in fats and can be stored in the fatty tissues of the body. | **Down**  **1.** A condition resulting from a calcium deficiency, which is characterized by porous, brittle bones.  **2.** A chemical chain that contains carbon, hydrogen, and oxygen atoms.  **3.** The study of how the body uses the nutrient in food  **5.** Starches and fiber are often called \_\_\_\_\_\_\_ carbohydrates.  **9.** A condition resulting from deficiencies of various nutrients, which is characterized by a reduced number of red blood cells in the bloodstream. |