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Chapter 9: Nutrition

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| **Across**  **3.** Inorganic micronutrients.  **5.** One of the 4 components of a healthy diet that can be consumed as a drink.  **7.** A sugar that be found in vegetables and honey.  **9.** A stimulant that speeds up your central nervous system.  **12.** Processed fat that is very unhealthy.  **13.** A natural compound created from three amino acids which helps with producing energy for the body.  **14.** Organic micronutrients.  **15.** Found in grain products and are an example of complex carbohydrates. | **Down**  **1.** \_\_\_\_\_\_\_\_\_ foods are foods that contain antioxidants and can help reduce risk of chronic disease.  **2.** One of the 4 components of a healthy diet (includes proteins and fats).  **4.** A sugar that can be found in baked goods and candy.  **6.** Starches are an example of \_\_\_\_\_\_\_\_ carbohydrates  **8.** Having high \_\_\_\_\_\_\_ can cause heart disease.  **10.** An important part of a person's diet and can be a source of useable energy.  **11.** Drugs that duplicate the function of testosterone |