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Chapter 9: Nutrition

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|  |  |  |  |  | 3M |  I |  N |  E |  R |  A |  L | 4S |  |  |  A |  |  |  |  |
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|  |  |  |  |  | 5W |  A |  T |  E |  R |  |  |  C |  |  |  R |  |  |  |  |
|  | 6C |  |  |  |  |  |  I |  |  |  |  |  R |  |  |  O |  |  |  |  |
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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 |