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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Food and Nutrition Basics

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|  |  |  |  |  |  | 2F |  A |  T |  S |  O |  L |  U |  B |  L |  E |  V |  I |  T |  A |  M |  I |  N |  S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 3N |  |  G |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  Y |  | 4R |  |  |  | 5N |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | 6F |  I |  B |  E |  R |  |  |  |  E |  |  |  |  O |  |  |  |  | 7B |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  V |  | 8W |  |  F |  |  |  |  N |  |  |  |  |  O |  |  |  |
|  |  |  |  |  |  |  |  |  | 9V |  |  |  |  E |  |  E |  |  I |  |  |  |  D |  |  |  |  |  W |  |  |  |
|  |  |  | 10M |  A |  L |  T |  O |  S |  E |  | 11C |  U |  S |  H |  I |  O |  N |  |  |  |  I |  |  |  |  |  E |  |  |  |
|  |  |  |  |  |  |  |  |  |  G |  |  |  |  |  |  G |  |  E |  | 12C |  |  G |  |  |  |  |  L |  |  |  |
|  |  |  |  | 13S | 14I |  M |  P |  L |  E |  C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  | 15I |  |  M |  |  |  |
|  |  |  | 16E |  |  N |  |  |  |  T |  |  |  |  |  |  T |  |  S |  |  R |  |  S |  |  |  N |  |  O |  |  |  |
|  |  |  |  N |  |  C |  |  |  |  A |  |  |  |  |  |  G |  |  U |  |  B |  |  T |  |  |  S |  |  V |  |  |  |
|  |  | 17H |  E |  M |  O |  G | 18L |  O |  B |  I |  N |  |  |  |  A |  |  G |  |  O |  |  I |  |  |  O |  |  E |  |  |  |
|  |  |  |  R |  |  M |  |  A |  |  L |  |  |  |  |  |  I |  |  A |  |  H |  |  B |  |  |  L |  |  M |  |  |  |
|  |  |  |  G |  |  P |  |  C |  |  E |  |  | 19S |  K |  I |  N |  |  R |  |  Y |  | 20L |  E |  G |  U |  M |  E |  S |  |  |
|  |  |  |  Y |  |  L |  |  T |  |  S |  |  |  |  |  |  |  |  S |  |  D |  |  E |  |  |  B |  |  N |  |  |  |
|  |  |  |  L |  |  E |  |  O |  |  |  |  |  | 21F |  |  |  |  |  |  R |  |  |  |  |  L |  |  T |  |  |  |
|  |  |  |  E |  |  T |  |  S |  |  |  |  |  |  R |  |  |  | 22G |  R |  A |  I |  N |  S |  |  E |  |  |  |  |  |
|  |  |  |  V |  |  E |  |  E |  |  |  |  |  |  U |  | 23P |  |  |  |  T |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  E |  |  |  |  | 24E |  M |  P |  T |  Y |  C |  A |  L |  O |  R |  I |  E |  S |  |  |  |  |  |  |  |  |  |
|  |  |  |  L |  |  |  |  |  |  |  |  |  |  T |  |  A |  |  |  |  S |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | 25A |  M |  I |  N |  O |  A |  C |  I |  D |  S |  |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across****2.** carries vitamins A,D,E and K in the body**6.** complex carbohydrates are broken down into two subcategories starches and **10.** that occur naturally in grains**11.** around vital organs such as the heart and liver**13.** complex carbohydrates are made up of large molecules of**17.** your body needs iron to build **19.** that promotes healthy and normal cell growth**20.** such as peas and lentils**22.** in the form of rice,paste,and bread products**24.** eating foods that are high in refined sugars**25.** proteins are made of chains of chemical building blocks  | **Down****1.** that provides for the body heat and**3.** helps form the protective coverings around**4.** are extracted from plants and used to sweeten foods**5.** fiber consist of plant material**7.** this bulk helps to move food through the large intestine,promoting regular**8.** consuming large amount of these foods can lead to**9.** such as potatoes and corns that can be found in starches **12.** main source of energy**14.** there are types of proteins complete and **15.** there are two kinds of dietary soluble and **16.** that leads to sugar highs and lows**18.** that occur naturally in milk**21.** sugar the occurs naturally in fruits**23.** the main source of carbohydrates is |