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

Food and Nutrition Basics

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|  |  |  |  |  |  | 2  F | A | T | S | O | L | U | B | L | E | V | I | T | A | M | I | N | S |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  | 3  N |  | G |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 6  F | I | B | E | R |  |  |  | E |  |  |  | O |  |  |  |  | 7  B |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | V |  | 8  W |  | F |  |  |  | N |  |  |  |  | O |  |  |  |
|  |  |  |  |  |  |  |  |  | 9  V |  |  |  | E |  | E |  | I |  |  |  | D |  |  |  |  | W |  |  |  |
|  |  |  | 10  M | A | L | T | O | S | E |  | 11  C | U | S | H | I | O | N |  |  |  | I |  |  |  |  | E |  |  |  |
|  |  |  |  |  |  |  |  |  | G |  |  |  |  |  | G |  | E |  | 12  C |  | G |  |  |  |  | L |  |  |  |
|  |  |  |  | 13  S | 14  I | M | P | L | E | C | A | R | B | O | H | Y | D | R | A | T | E | S |  | 15  I |  | M |  |  |  |
|  |  |  | 16  E |  | N |  |  |  | T |  |  |  |  |  | T |  | S |  | R |  | S |  |  | N |  | O |  |  |  |
|  |  |  | N |  | C |  |  |  | A |  |  |  |  |  | G |  | U |  | B |  | T |  |  | S |  | V |  |  |  |
|  |  | 17  H | E | M | O | G | 18  L | O | B | I | N |  |  |  | A |  | G |  | O |  | I |  |  | O |  | E |  |  |  |
|  |  |  | R |  | M |  | A |  | L |  |  |  |  |  | I |  | A |  | H |  | B |  |  | L |  | M |  |  |  |
|  |  |  | G |  | P |  | C |  | E |  |  | 19  S | K | I | N |  | R |  | Y |  | 20  L | E | G | U | M | E | S |  |  |
|  |  |  | Y |  | L |  | T |  | S |  |  |  |  |  |  |  | S |  | D |  | E |  |  | B |  | N |  |  |  |
|  |  |  | L |  | E |  | O |  |  |  |  |  | 21  F |  |  |  |  |  | R |  |  |  |  | L |  | T |  |  |  |
|  |  |  | E |  | T |  | S |  |  |  |  |  | R |  |  |  | 22  G | R | A | I | N | S |  | E |  |  |  |  |  |
|  |  |  | V |  | E |  | E |  |  |  |  |  | U |  | 23  P |  |  |  | T |  |  |  |  |  |  |  |  |  |  |
|  |  |  | E |  |  |  |  | 24  E | M | P | T | Y | C | A | L | O | R | I | E | S |  |  |  |  |  |  |  |  |  |
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|  |  |  |  | 25  A | 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 |