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

Food and Nutrition Basics

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|  |  |  |  |  |  |  |  |  |  |  | 2  P |  | E |  |  |  |  |  |  |  | 3  S |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  | 5  L | A | C | T | O | S | E |  |  |  | L |  |  |  | C |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  | 16  S |  |  |  |  |  | M |  | L |  | R |  | R |  |  | L |  | I |  |  |  |
|  |  |  |  |  |  |  | 17  F | A | T |  |  | 18  F | I | B | E | R |  | 19  S | A | T | U | R | A | T | E | D |  |  |  |
|  |  |  |  |  |  |  |  |  | A |  | 20  C |  |  |  | I |  |  |  | N |  | C |  |  | O |  | S |  |  |  |
|  |  |  |  |  |  |  | 21  C | A | R | B | O | H | Y | D | R | A | T | E | S |  | T |  |  | S |  |  |  |  |  |
|  |  |  |  |  |  | 22  H |  |  | C |  | M |  |  |  | O |  |  |  |  |  | O |  |  | E |  |  |  |  |  |
|  |  |  |  |  |  | E |  |  | H |  | P |  |  | 23  A | N | E | M | I | A |  | S |  |  |  |  |  |  |  |  |
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|  |  |  |  | 24  C | H | O | L | E | S | T | E | R | O | L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 25  I | N | S | O | L | U | B | L | E |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **5.** Sugar that occurs naturally in milk  **7.** The cholesterol that circulates in the bloodstream in chemical groupings  **10.** This type of fiber increases the thickness of the stomach contents and has been shown to reduce levels of cholesterol in the blood  **11.** It picks up excess cholesterol and returns it to the lover, where it does not harm the body.  **17.** Provides heat and energy for the body  **18.** This comes from plant sources such as: Vegetables, Fruit, Grain Products and Legumes  **19.** This type of fat inreases LDL cholesterol and is also known as bad fats  **21.** These are the main source and the most easily digested source of energy.  **23.** This is the condition that results when a person does not get enough iron.  **24.** It is a fat-like substance that is present in all body cells and is needed for many essential body processes  **25.** This type of fiber absorbs water like a sponge | **Down**  **1.** This type of iron is found in animal sources, and is highly available for absorption.  **2.** These are the nutrients that help the body grow, maintain, and repair cells and tissues  **3.** Sugar that are extracted from plants and used to sweeten foods  **4.** These are the main source of carbohydrates  **6.** These carbohydrates are quickly broken down into a usable from by the body  **8.** Proteins that are made up of chains chemical building blocks  **9.** This type of iron is found in plant sources  **12.** It takes cholesterol from the liver, to wherever it is needed in the body  **13.** Sugar that occurs naturally in grains  **14.** This type of fat found when vegetable oils are partially hydrogenated  **15.** Sugar that occurs naturally in fruits  **16.** As with naturally occurring sugars, these bring other nutrients with them, providing good food value  **20.** These are made up of large molecules of simple carbohydrates joined together  **22.** The substance in your red blood cells that carries oxygen to all parts of your body |