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

Food and Nutrition Basics

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|  |  |  |  |  |  |  |  |  |  |  |  |  | 1H |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 2P |  |  E |  |  |  |  |  |  |  | 3S |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  R |  |  M |  |  |  | 4P |  |  |  |  U |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 5L |  A |  C |  T |  O |  S |  E |  |  |  |  L |  |  |  |  C |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  T |  |  I |  |  |  |  A |  |  |  |  R |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  E |  |  R |  |  |  |  N |  | 6S |  |  O |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 7L |  I |  P |  O |  P |  R |  O |  T |  E |  I |  N |  S |  |  |  |  | 8A |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  N |  |  N |  |  |  |  S |  |  M |  |  E |  |  |  |  |  M |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  S |  |  |  | 9N |  |  |  |  P |  |  |  |  |  |  |  I |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 10S |  O |  L |  U |  B |  L |  E |  |  |  |  |  |  N |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  |  |  E |  |  |  |  |  |  |  O |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 11H |  D | 12L |  |  |  |  |  |  | 13M |  |  A |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  D |  | 14T |  | 15F |  |  |  A |  |  C |  |  |  |
|  |  |  |  |  |  |  |  |  | 16S |  |  |  |  |  |  M |  |  L |  |  R |  |  R |  |  |  L |  |  I |  |  |  |
|  |  |  |  |  |  |  | 17F |  A |  T |  |  | 18F |  I |  B |  E |  R |  | 19S |  A |  T |  U |  R |  A |  T |  E |  D |  |  |  |
|  |  |  |  |  |  |  |  |  |  A |  | 20C |  |  |  |  I |  |  |  |  N |  |  C |  |  |  O |  |  S |  |  |  |
|  |  |  |  |  |  |  | 21C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  |  T |  |  |  S |  |  |  |  |  |
|  |  |  |  |  |  | 22H |  |  |  C |  |  M |  |  |  |  O |  |  |  |  |  |  O |  |  |  E |  |  |  |  |  |
|  |  |  |  |  |  |  E |  |  |  H |  |  P |  |  | 23A |  N |  E |  M |  I |  A |  |  S |  |  |  |  |  |  |  |  |
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|  |  |  |  | 24C |  H |  O |  L |  E |  S |  T |  E |  R |  O |  L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  G |  |  |  |  |  X |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  B |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 25I |  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 |