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Nutrients

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| **Across**  **1.** a waxy fat like substance  **6.** protects vital organs  **8.** a fatty substance that doesn't dissolve in water  **10.** a unit of heat used to measure energy  **12.** substances that make up the protein  **14.** foods that lack some amino acids  **15.** nutrients the body uses to build and maintain body cells, and tissues  **16.** substances in your food that your body needs to grow  **17.** the process by which your body take in and uses food  **18.** found in animal based food | **Down**  **2.** a physical desire for foods  **3.** people who use pictures and sounds in hoops to get you to buy there product  **4.** foods that contain all essential amino acids  **5.** a natural physical drive to eat  **7.** starches and sugars found in foods  **9.** a simple sugar, main source of energy  **11.** found in the tough stringy parts of fruits and plants  **13.** fats found in food |