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Nutrition

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| **Across****7.** Which protein contains all 9 amino acids?**11.** What is a good type of fat?**13.** What are the sugars and starches in food called?**14.** What is the desire to eat also called?**15.** What does lack of iron cause?**17.** what are proteins made up of?**19.** What are harmful eating behaviors that can cause illness or death called?**20.** What substances does your body need? | **Down****1.** what comes from the earth that the body cannot make?**2.** What are the starches in the food?**3.** What is another word for fat?**4.** what are sugars in food?**5.** Which protein is missing amino acids?**6.** what helps with many vital body proccesses?**8.** What is a bad type of fat?**9.** What is the unhealthy type of fat?**10.** What do foods supply do to the body?**12.** What are the nutrient that help build and maintain body cells?**16.** What physical drive saves you from starvation?**18.** what is an indigestible carbohydrate called? |

   Saturated Fat       Carbohydrates       appetite       anemia       Calories       nutrients       protein       amino acids       simple carbs       vitamins       fiber       incomplete protein       complex carbs       Hunger       complete protein       unsaturated fat       saturated fat       minerals       eating disorders       lipid