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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