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Nutrition

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| **Across**  **3.** carries cholesterol from the liver to areas in the body  **4.** fatlike substance produced in the liver; circulates in the blood  **5.** animal fats  **9.** Shared customs, traditions, beliefs of a group  **11.** build, maintain, repair muscles  **13.** liquid fats at room temperature; come from plants  **14.** picks up excess cholesterol and returns it to the liver  **16.** study of food  **17.** Body Fat | **Down**  **1.** eliminates meat, fish, poultry from their eating plans  **2.** starches and sugars  **6.** Building blocks of protein  **7.** supply a concentrated form of energy and help transport other nutrients to locations in the body  **8.** aids the body in digestion  **10.** substances in food  **12.** amount of energy needed to raise the temperature of 1 kilogram of water 1 degree  **15.** fats from oils processed into solids |