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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 |