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Nutrition Chapter 8

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| **Across**  **2.**  A chemical process by which your body breaks down food to release energy.  **3.** Substances that the body needs to regulate bodily functions, promote growth, repair body tissues, obtain energy.  **9.** Occur naturally in rocks and soil.  **10.** Help protect healthy cells from the damage caused by the normal aging process.  **12.** A condition in which the red blood cells do not contain enough hemoglobin.  **14.** Your body is about 65% made up of this nutrient.  **15.** Energy measured in units.  **16.** Supplies the body with energy, forms your cells, maintain body temperature.  **17.** Helps maintain water balance; nerve function.  **18.** They play a large role in the growth and repair of your body's tissues.  **19.** Are solid at room temperature.  **20.** The process of maintaining a steady state inside your body. | **Down**  **1.**  A waxy, fatlike substance found only in animal products.  **4.** The proteins in your body are made up of these.  **5.** Are liquid at room temperature.  **6.** These are contained water that regulate many processes in your cells.  **7.** A type of complex carbohydrate that is found in plants.  **8.** Nutrients made of carbon, hydrogen, and oxygen.  **11.** Helps the body with various processes, including the use of other nutrients.  **13.** A serious reduction in the body's water content. |