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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. |