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Nutrition Chapter 8

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|  |  |  |  |  |  |  |  |  L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 3N |  U |  T |  R |  I |  E |  N |  T |  S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  S |  |  |  |  |  |  | 4A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  T |  |  |  |  |  |  |  M |  |  |  |  |  |  |  |  |  | 5U |  |  |  |  |
|  |  |  |  |  |  |  |  |  E |  | 6E |  |  |  |  |  I |  | 7F |  |  |  |  | 8C |  |  |  N |  |  |  |  |
|  |  |  |  | 9M |  I |  N |  E |  R |  A |  L |  S |  |  | 10A |  N |  T |  I |  O |  X |  I |  D |  A |  N |  T |  S |  |  |  |  |
|  |  |  |  |  |  |  |  |  O |  |  E |  |  | 11V |  |  O |  |  B |  |  |  |  |  R |  |  |  A |  |  |  |  |
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|  |  |  | 14W |  A |  T |  E |  R |  |  |  R |  |  |  A |  |  I |  |  |  |  |  |  |  H |  |  |  R |  |  |  |  |
|  |  |  |  |  |  |  H |  |  |  |  O |  |  |  M |  |  D |  |  |  |  |  |  |  Y |  |  |  A |  |  |  |  |
|  |  |  |  |  |  |  Y |  | 15C |  A |  L |  O |  R |  I |  E |  S |  |  |  |  |  |  |  D |  |  |  T |  |  |  |  |
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|  |  |  |  |  |  |  R |  | 16F |  A |  T |  |  | 17S |  O |  D |  I |  U |  M |  |  |  |  A |  |  |  D |  |  |  |  |
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|  |  |  | 18P |  R |  O |  T |  E |  I |  N |  S |  |  |  |  | 19S |  A |  T |  U |  R |  A |  T |  E |  D |  F |  A |  T |  S |  |  |
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|  |  |  |  |  | 20H |  O |  M |  E |  O |  S |  T |  A |  S |  I |  S |  |  |  |  |  |  |  |  |  |  S |  |  |  |  |
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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. |