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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

Nutrition Chapter 8

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|  |  |  | 2  M | E | T | A | B | O | L | I | S | M |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | L |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 3  N | U | T | R | I | E | N | T | S |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | S |  |  |  |  |  |  | 4  A |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | T |  |  |  |  |  |  | M |  |  |  |  |  |  |  |  |  | 5  U |  |  |  |  |
|  |  |  |  |  |  |  |  | E |  | 6  E |  |  |  |  | I |  | 7  F |  |  |  |  | 8  C |  |  | N |  |  |  |  |
|  |  |  |  | 9  M | I | N | E | R | A | L | S |  |  | 10  A | N | T | I | O | X | I | D | A | N | T | S |  |  |  |  |
|  |  |  |  |  |  |  |  | O |  | E |  |  | 11  V |  | O |  | B |  |  |  |  | R |  |  | A |  |  |  |  |
|  |  |  |  |  |  |  |  | L |  | C |  |  | I |  | 12  A | N | E | M | I | A |  | B |  |  | T |  |  |  |  |
|  |  |  |  |  |  | 13  D |  |  |  | T |  |  | T |  | C |  | R |  |  |  |  | O |  |  | U |  |  |  |  |
|  |  |  | 14  W | A | T | E | R |  |  | R |  |  | A |  | I |  |  |  |  |  |  | H |  |  | R |  |  |  |  |
|  |  |  |  |  |  | H |  |  |  | O |  |  | M |  | D |  |  |  |  |  |  | Y |  |  | A |  |  |  |  |
|  |  |  |  |  |  | Y |  | 15  C | A | L | O | R | I | E | S |  |  |  |  |  |  | D |  |  | T |  |  |  |  |
|  |  |  |  |  |  | D |  |  |  | Y |  |  | N |  |  |  |  |  |  |  |  | R |  |  | E |  |  |  |  |
|  |  |  |  |  |  | R |  | 16  F | A | T |  |  | 17  S | O | D | I | U | M |  |  |  | A |  |  | D |  |  |  |  |
|  |  |  |  |  |  | A |  |  |  | E |  |  |  |  |  |  |  |  |  |  |  | T |  |  | F |  |  |  |  |
|  |  |  | 18  P | R | O | T | E | I | N | S |  |  |  |  | 19  S | A | T | U | R | A | T | E | D | F | A | T | S |  |  |
|  |  |  |  |  |  | I |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | S |  |  | T |  |  |  |  |
|  |  |  |  |  | 20  H | 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. |