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

Nutrition Crossword

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| **Across**  **1.** Needed for healthy teeth, bones, and vital body processes  **3.** Contains all 9 amino acids  **5.** Theres three types of theses  **9.** When unsaturated fats are made  **10.** Natural physical drive that protects you from starvation  **11.** A type of fat that is solid  **12.** Missing one or more amino acids  **14.** Theres two different types of these  **16.** A fatty substance that does not dissolve in water  **17.** Contains fruits, grains, dairy, protein, and vegetables  **18.** You need 9 of these each day but you have 20  **19.** Need over 30% of it in body composition  **20.** Help build and maintain body cells and tissues | **Down**  **2.** A indigestible complex carbohydrates  **4.** A measure of potential energy  **6.** No calories = no energy  **7.** The process when the body takes in and uses food  **8.** A desire, rather than a need, to eat  **13.** The substances in food that your body needs to grow  **15.** Self-starvation and over exercising |