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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  |