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Nutrition Vocabulary Review

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| **Across**  **2.** nutrients that help regulate body functions  **7.** sugars and starches contained in foods  **10.** how you view your body  **11.** the process of taking in food and using it for energy, growth, and good health  **13.** a unit of heat that measures the energy available in foods  **14.** elements in foods that help your body work properly  **15.** Substances in food that your body needs to carry out its normal functions | **Down**  **1.** the tough, stringy part of raw fruits, raw vegetables, whole wheat, and other whole grains.  **3.** fats that are usually liquid at room temperature  **4.** Nutrients found in fatty animal tissue and plant oils  **5.** waxy chemical our bodies produce and need in small amounts  **6.** nutrients that provide the building blocks your body needs for growth.  **8.** fats found in many animal products such as butter, meat, and cheese.  **9.** a mineral that helps control the amount of fluid in your body.  **12.** start off as oils and are made solid through processing |