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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 |