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

Nutrition

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  | 1T |  R |  A |  N |  S |  F |  A |  T |  |  |  |  |  |  |
|  | 2W |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  H |  |  |  |  |  |  |  | 3H |  D |  L |  |  |  |  |  |  |  |  |
|  |  O |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  L |  |  |  |  | 4O |  |  |  | 5C |  |  | 6O |  B |  E |  S |  I |  T |  Y |
|  |  E |  |  |  |  |  M |  |  |  |  A |  | 7B |  |  |  |  |  |  |  |
|  |  G |  |  |  |  |  E |  | 8N |  |  R |  |  U |  |  |  |  |  | 9C |  |
|  |  R |  |  |  |  |  G |  |  U |  |  B |  | 10L |  I |  P |  I |  D |  |  A |  |
|  |  A |  | 11V |  |  |  A |  |  T |  |  O |  |  I |  |  |  |  |  |  L |  |
| 12N |  I |  N |  E |  |  |  T |  |  R |  |  H |  |  M |  |  |  | 13G |  |  O |  |
|  |  N |  |  G |  |  |  H |  |  I |  |  Y |  |  I |  |  |  |  L |  |  R |  |
|  |  | 14S |  A |  T |  U |  R |  A |  T |  E |  D |  F |  A |  T |  |  |  U |  |  I |  |
|  | 15A |  |  N |  |  |  E |  |  I |  |  R |  |  |  | 16H |  |  C |  |  E |  |
|  |  P |  |  |  |  |  E |  |  O |  |  A |  | 17F |  |  U |  |  O |  |  S |  |
|  |  P |  |  |  |  |  |  | 18N |  U |  T |  R |  I |  E |  N |  T |  S |  |  |  |
|  |  E |  |  |  |  |  |  |  |  |  E |  |  B |  |  G |  |  E |  |  |  |
|  |  T |  | 19P |  R |  O |  T |  E |  I |  N |  S |  |  E |  |  E |  |  |  |  |  |
|  |  I |  |  |  |  |  |  |  |  |  |  |  R |  |  R |  |  |  |  |  |
|  |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  E |  |  |  | 20A |  M |  I |  N |  O |  A |  C |  I |  D |  S |  |  |  |  |  |

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| **Across****1.** the result of the hydrogenation process of a lipid**3.** the type of cholesterol that helps to clear clogged arteries **6.** the condition of being extremely overweight**10.** another name for fat; a fatty substance that doesn't dissolve in water**12.** the number of essential amino acids that we need from food **14.** a type of fat that is solid at room temperature and associated with an increased risk of heart disease**18.** substances that your body needs to grow, to supply you with energy, and to repair itself**19.** nutrients that help build and maintain body cells and tissues **20.** the building blocks of protein | **Down****2.** products that have not been refined and are high in fiber**4.** a type of fat that has been associated with a reduced risk of cancer**5.** the starches and sugars present in foods**7.** an eating disorder in which a large quantity of food is consumed in a short period of time, often followed by feelings of guilt or shame.**8.** the process by which the body takes in and uses food**9.** units of heat that measure the energy used by the body and the energy that foods supply to the body**11.** someone who eats nothing animal-related**13.** a simple carbohydrate; also known as our blood sugar**15.** a desire, rather than a need, to eat**16.** a natural physical drive that protects you from starvation**17.** an indigestible complex carbohydrate |