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

Nutrition

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