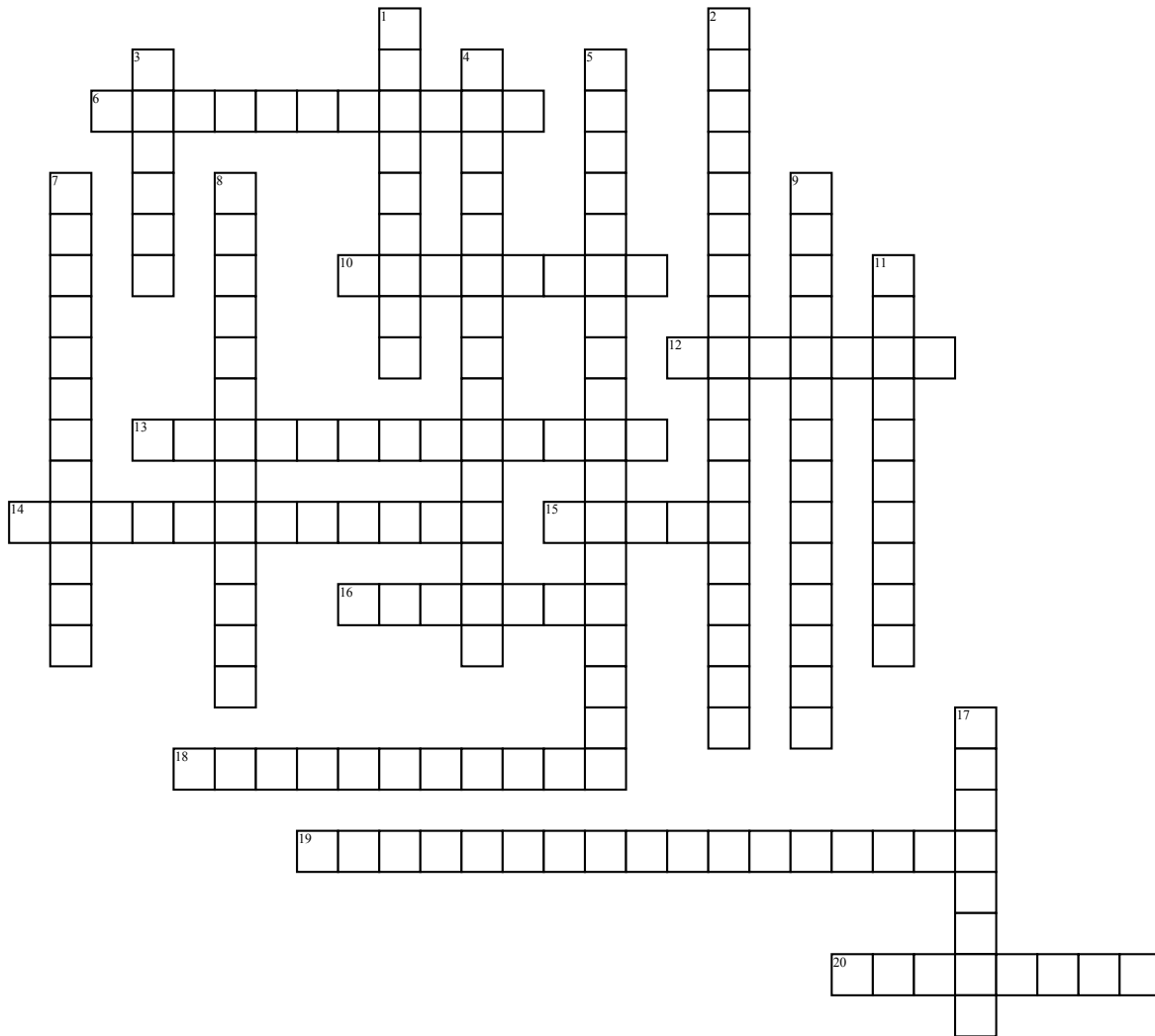


Extra Credit



Across

- 6. _____ is experienced due to lack of water.
- 10. Substances that are natural are _____.
- 12. The substance can help build tissues and cells is _____.
- 13. The starches and sugars in foods are called _____.
- 14. _____ is the unhealthy fat.
- 15. Another word for "Fat" is _____.
- 16. An eating disorder that a person that binges and purges food out of them is called _____.

- 18. _____ gives immediate boost of energy.
- 19. _____ is missing one or more amino acids.
- 20. _____ is essential for normal growth and bodily needs.

Down

- 1. The name of this unit is _____.
- 2. Waxy like substances that sticks or clears arteries are called _____.
- 3. People who ONLY eat plant food are called _____.
- 4. _____ consists of all 9 amino acids.

- 5. Vitamins that are absorbed and stored in fat is _____.
- 7. _____ provide long term energy to the body.
- 8. Not eating meat, fish for health reasons, religious reasons, and moral reasons is _____.
- 9. _____ is the healthy fat.
- 11. Our bodies can make 11 of them, but 9 _____ we need from foods.
- 17. Unsaturated Fats that are made into Saturated Fats by hydrogenation are called _____.