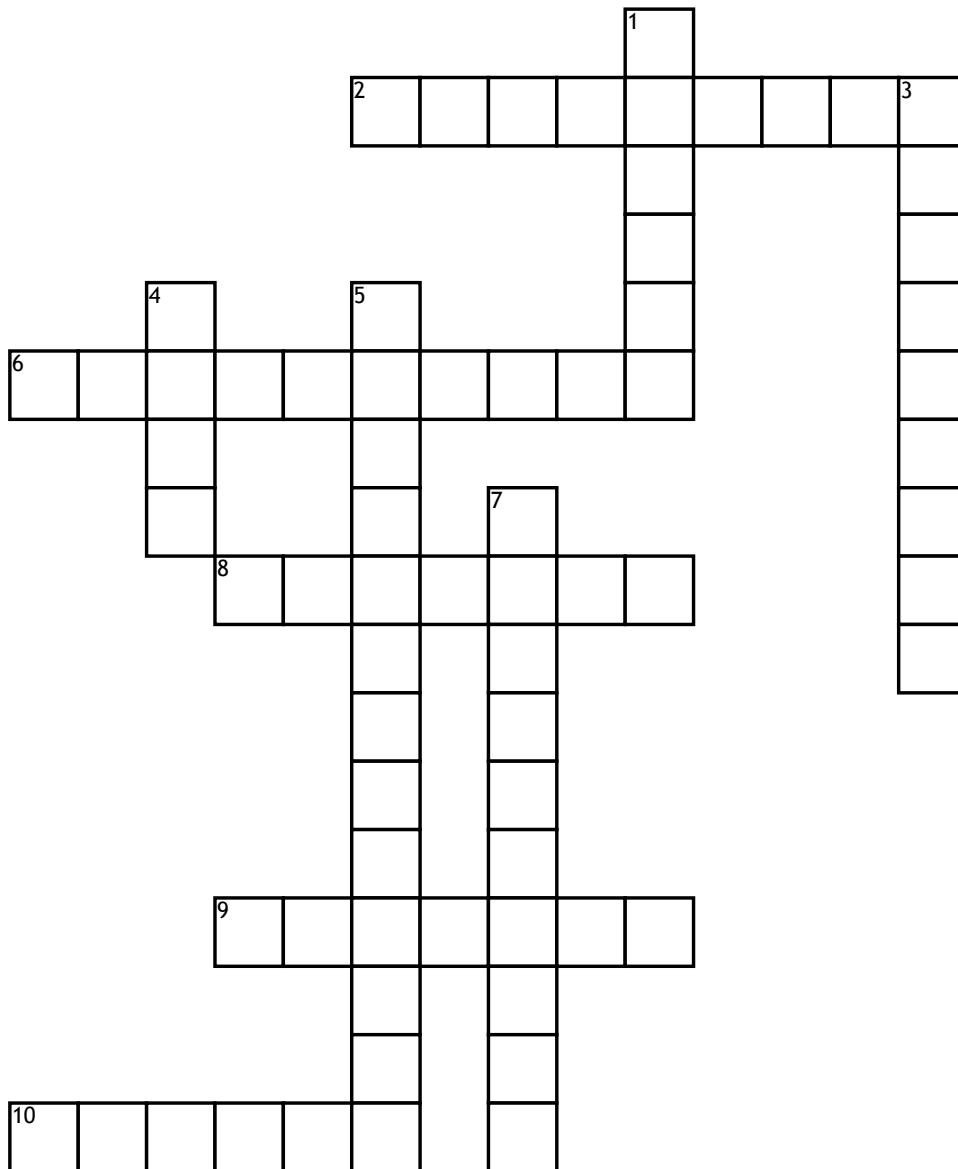


Food, Health, and Nutrition



Across

2. substances in food that your body needs to grow, repair itself and provide you with energy
6. chemical elements which are the building blocks of protein
8. nutrients used to build and maintain body tissues
9. special carbohydrates found in foods such as rice and bread
10. a complex carbohydrate found in tough, stringy parts of vegetables, fruits and whole grains

Down

1. fatty substances that do not dissolve in water
3. a food substance that is rich in protein and is not a meat kind
4. the amount of food that a person consumes on a daily basis
5. starches and sugars present in foods which are made up of carbon, oxygen and hydrogen
7. the process of chemical digestion and its related reactions