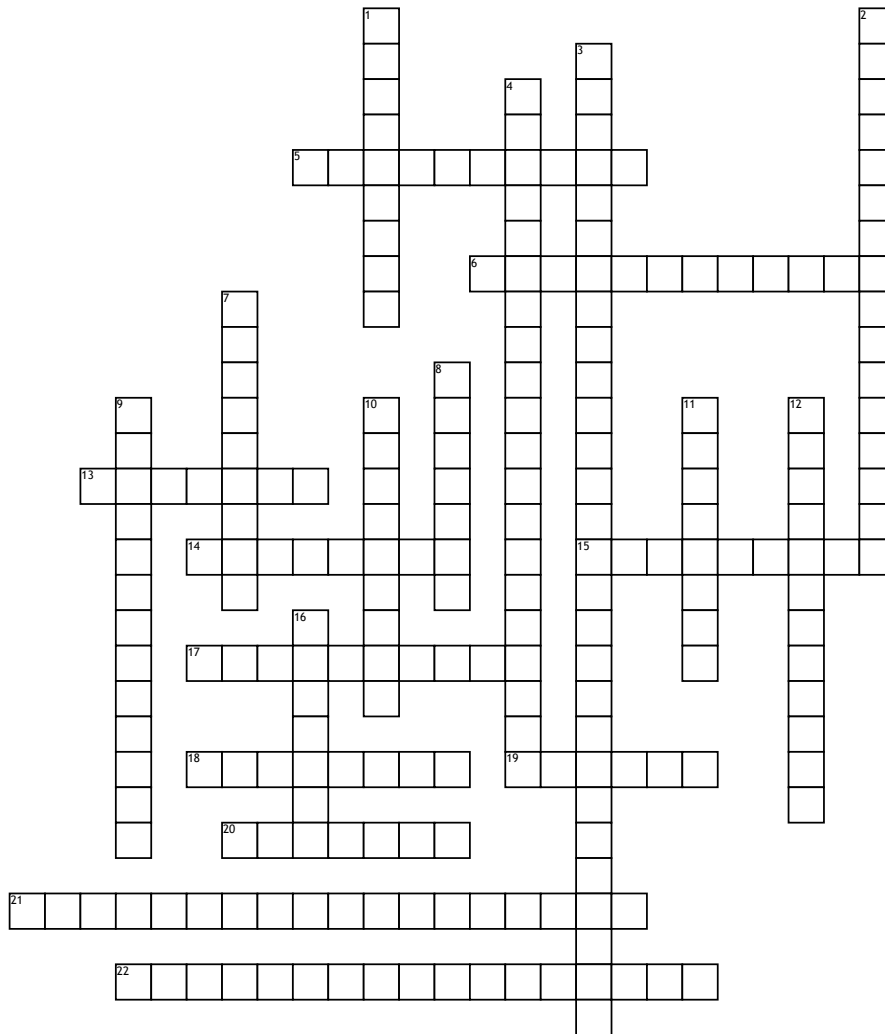


Food and Nutrition Unit One



Across

5. the passage of nutrients from the gastrointestinal tract into either the blood or the tissue fluid surrounding the cells

6. a condition caused by a calcium deficiency which results in porous, brittle bones and a loss of bone density

13. a mistaken belief

14. nutrients that don't provide energy or build body tissue, but help regulate these and other body processes

15. sensory organs located on various parts of the tongue

17. the process by which living cells use nutrients in many chemical reactions that provide energy for vital processes and activities

18. chemical substances in food that help to maintain the body

19. a mucus and enzyme containing liquid secreted by the mouth that begins to break down starches and makes food easier to swallow

20. weighing twenty percent or more above desirable weight for height; In an adult, obesity is defined as a body mass index of 30 or more

21. vitamins that are absorbed and transported by fats; includes A, D, E, and K

22. a disease caused by the lack of a specific necessary element in the body; examples include pellagra, rickets, anemia, goiter, kwashiorkor, night blindness, and osteoporosis

Down

1. the process by which the body breaks down food into useable nutrients

2. the lack of or inability to use the hormone insulin, which results in the build up of glucose in the bloodstream

3. suggested levels of nutrient intake to meet the needs of most healthy people

4. a vitamin, specifically vitamin C or one of the B Complex vitamins, that dissolves in water; are not stored by the body

7. one of the building blocks of protein molecules

8. Type of simple sugar; the body's primary energy source and the only energy source for the brain and nervous system; the basic sugar molecule from which all other carbohydrates are built

9. elements or minerals needed in very small amounts

10. the study of nutrients and how they are used by the body

11. a desire to eat

12. poor nutrition over an extended period of time which can be caused by an inadequate diet or the body

16. a measurement of the amount of energy produced when food is burned by the body; in science it is the amount of energy needed to raise the temperature of 1.0g of water 1.0 degrees Celcius

Word Bank

osteoporosis

Obesity

appetite

saliva

nutrient

calorie

deficiency disease

Vitamins

amino acid

nutrition

fallacy

malnutrition

taste buds

absorption

Water Soluble Vitamins

Recommended Dietary Allowances

digestion

trace elements

glucose

Diabetes Mellitus

Fat Soluble Vitamins

metabolism