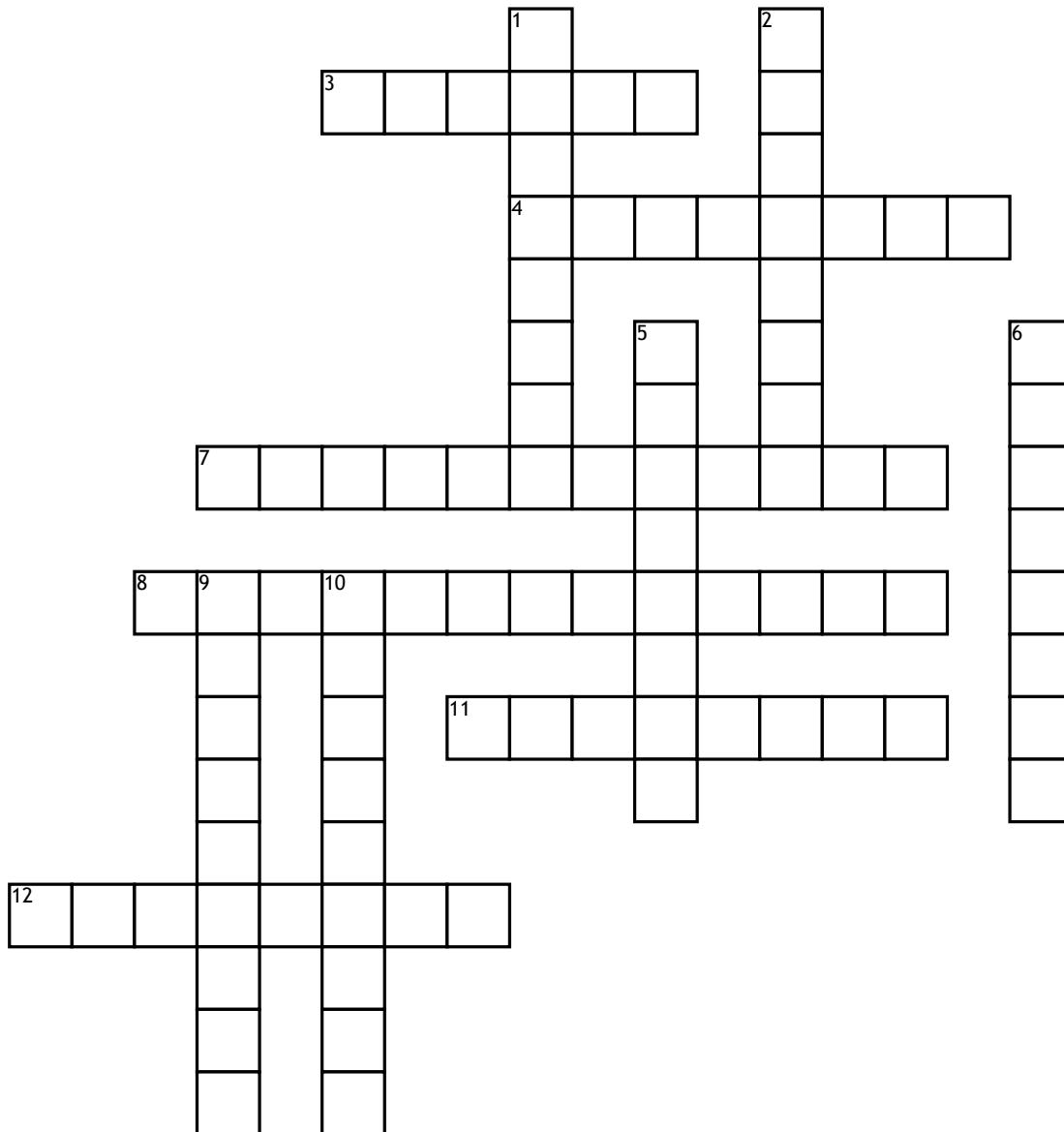


Foods Class



Across

3. a disease caused by a deficiency of vitamin C
 4. the body cannot synthesize on its own, or not to an adequate amount, and must be provided by the diet
 7. this increases the risk of heart disease and stroke
 8. the sugars, starches and fibers found in fruits, grains, vegetables and milk products

11. disease marked by dementia, diarrhea, and dermatitis, also known as “the three Ds”

12. a fat-soluble vitamin that is naturally present in very few foods

Down

1. a type of unsaturated fat that occurs in small amounts in nature, but became widely produced industrially from vegetable fats
 2. a disease caused by a vitamin B-1 deficiency

5. a solid inorganic substance of natural occurrence

6. does most of the work in cells and are required for the structure, function, and regulation of the body's tissues and organs

9. organic compounds that combine to form proteins

10. a substance obtained from a plant and used as an additive