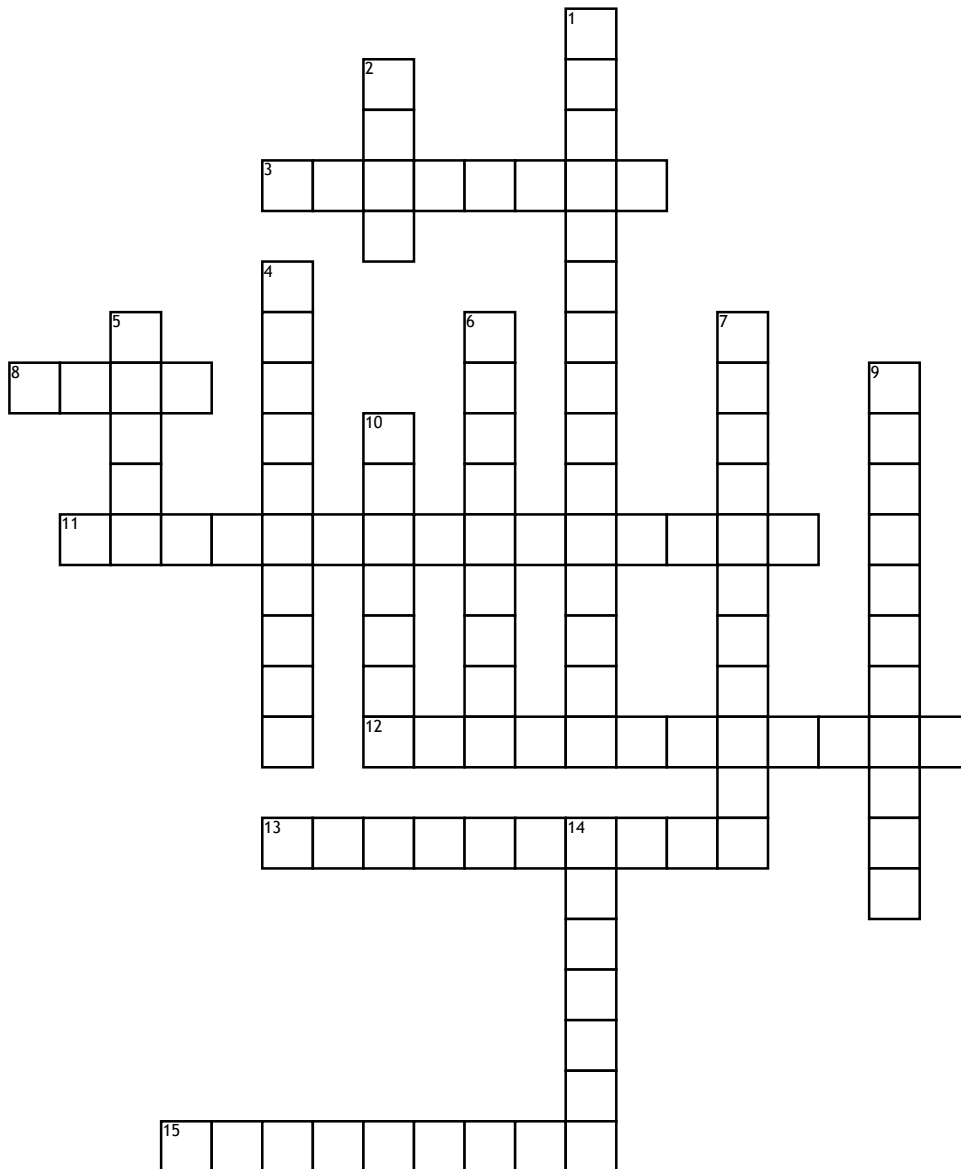


Health Class



Across

3. A measuring unit of energy for the body.
8. The outer shell of a grain that protects the seed.
11. The type of diabetes that you develop over time.
12. Can be made by the body from essential amino acids or they can be consumed through food.
13. There are two types of these acids that both can be found in protein.
15. A part of the grain that provides energy, carbohydrates, and protein.

Down

1. diabetes that you are born with.
2. A dairy product produced by mammals that is the primary source of food for infant mammals.
4. These are required for the body to function but are only found in foods that you eat.
5. a type of food produced from or containing the milk of mammals.
6. The study of nutrients in food and how the body uses nutrients, and the relationship between diet, health, and disease.

7. The average amount of servings of dairy.

9. These type of grains make up half of the grains you intake.

10. Found in plants in animals and is made up of amino acids. Also helps the body build and repair cells.

14. One of the most important nutrients in dairy that makes bones stronger and strengthens teeth.