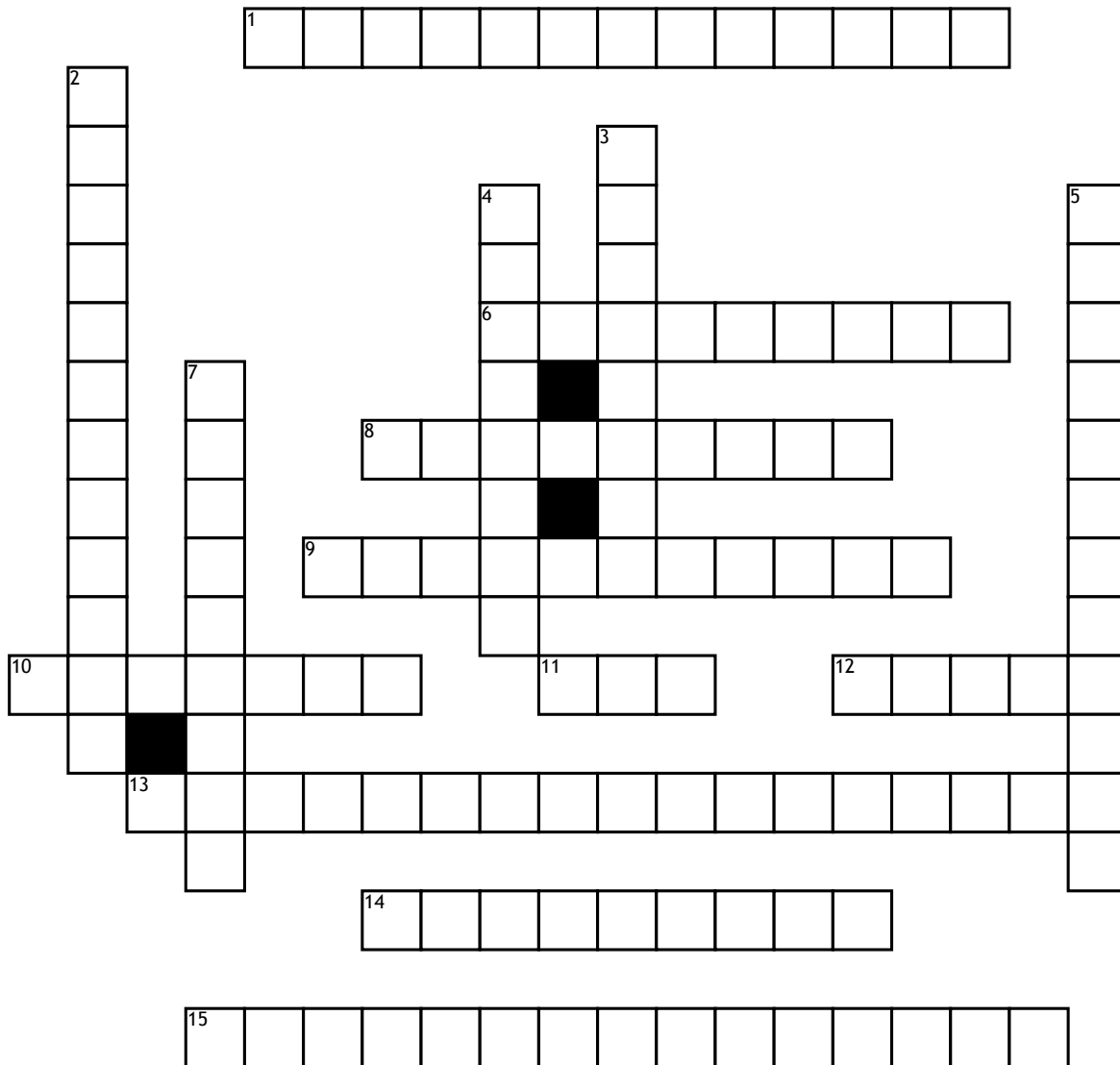


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Independent living



## Across

- 1. Are found mostly in animal products
- 6. Is a chemical in foods that helps the body work properly
- 8. Foods have added vitamins or minerals not naturally present in foods
- 9. Is a white, wax-like substance that plays a part in transporting and digesting fats
- 10. Is a nutrient that helps your body function properly

11. Offer science-based advice for making smart choices for healthful living

12. Is a plant material that can not be digested

13. Is an extra vitamin, mineral, or other nutrient in other forms

14. Are formed when food manufacturersturn liquid oils into solid fats

15. Are found mainly in oils

## Down

2. Is a condition in which bones are weakened b/c they lose the calcium

3. Are the nutrients your body uses to build and repair body tissues

4. Are nutrients that regulate vody processes and that form parts of many tissues

5. Is a nutrient that provides you body with energy

7. Is a system developed by the USDA to help individuals make wise decisions about food and physical activity