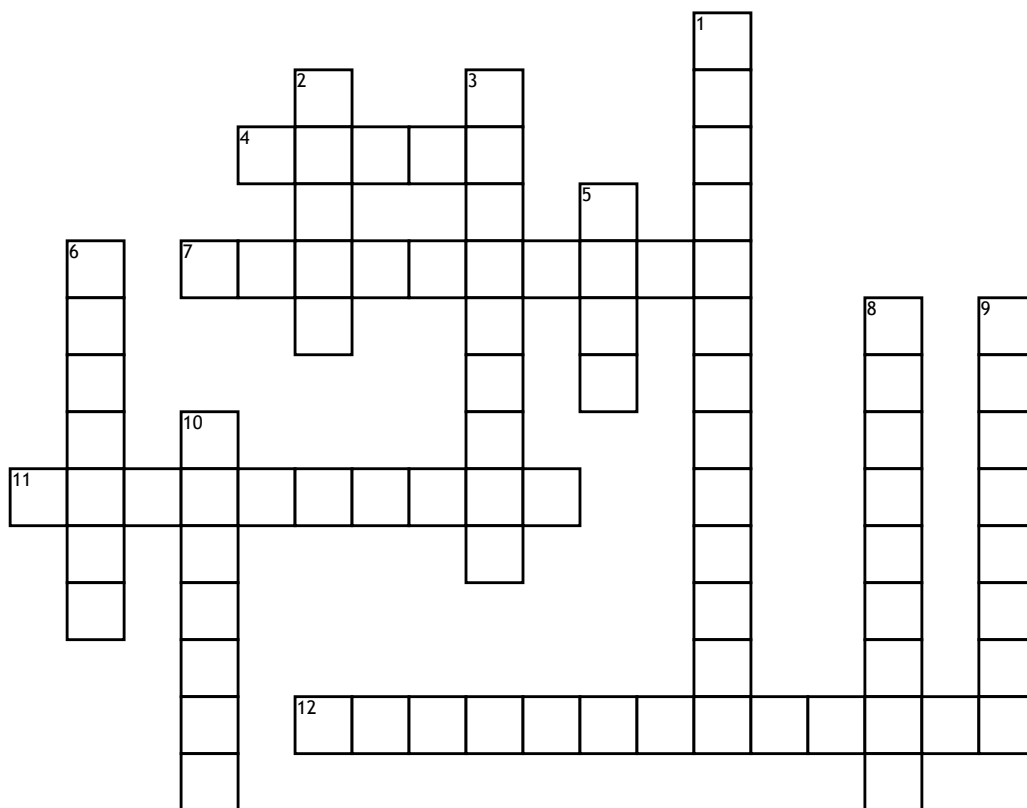


NUTRITION



Across

4. An indigestible complex carbohydrate that is found in the tough, stringy parts of vegetables, fruits, and whole grains.
7. Specific chemical compounds which are the building blocks of proteins.
11. The total of all the chemical reactions an organism needs to survive. The process of chemical digestion and its related reactions.

12. The starches and sugars present in foods which are made up of carbon, oxygen, and hydrogen, which are used to store energy for the body.

Down

1. One type of unsaturated fat: m_____.
2. A fatty substance that does not dissolve in water.
3. To include more fruits and veggies in your diet, when would be the ideal meal to eat them during to encourage such a habit?

5. The kinds and amounts of food and drinks a person usually consumes (eats & drinks).

6. Try different vegetables, because our bodies like v___ of food.
8. Substances in food that your body needs to grow, to repair itself, and to supply you with energy.
9. Special carbohydrates that are found in foods like rice, wheat, corn, potatoes, and peas.
10. What is a unit of energy that measures how much energy food provides to the body?

Word Bank

calorie	amino acids	breakfast	variety
monosaturated	lipid	proteins	nutrients
fiber	carbohydrates	diet	metabolism