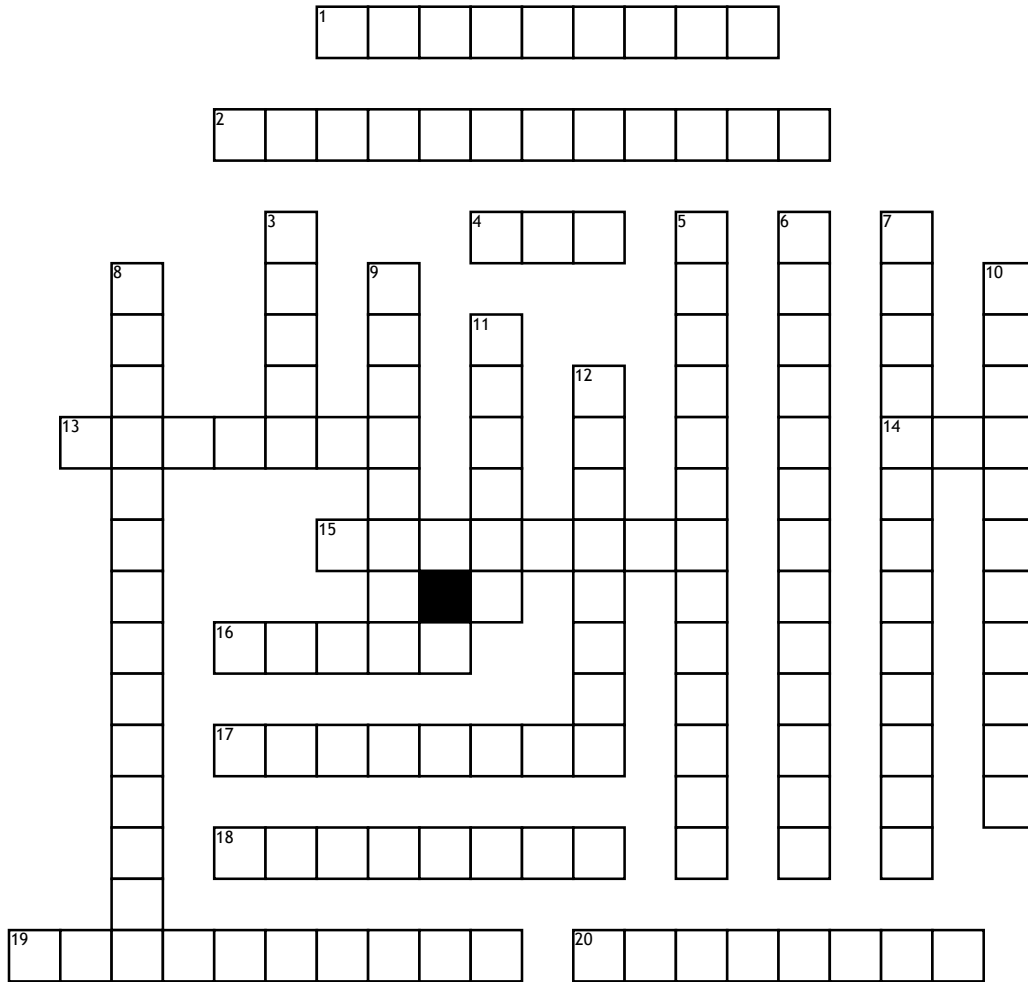


Name: _____

Date: _____

Nutrition



Across

- 1. The process by which your body takes in and uses food.
- 2. Bad fat describes what?
- 4. Good cholesterol that picks up excess cholesterol in the blood and takes it back to the liver for removal.
- 13. A unit of energy
- 14. Carries cholesterol and deposits it on the walls of arteries and is considered harmful.
- 15. Elements found in food that are used by the body are called what?
- 16. Essential nutrient for most body functions because all of the body's cells contain this nutrient.

- 17. Nutrients the body uses to build and maintain its cells and tissues are?
 - 18. These are the items found in food that your body uses to fuel and maintain itself.
 - 19. What describes the rate at which body breaks down substances, and gets energy from food?
 - 20. A chronic disease that affects the way cells convert sugar into energy
- Down**
- 3. A tough, complex, carbohydrate that the body cannot digest.
 - 5. A measure of body weight relative to height, weight describes what vocabulary term?

- 6. Starches and sugars found in food which provides your body main source of energy describes?
- 7. A type of stored fat comprised of fat and sugar molecules bound together to store unused calories to provide the body with energy.
- 8. Good fat can be described as what?
- 9. A psychological desire for food describes what?
- 10. Primary form of fat found in the blood used to build cells and certain hormones.
- 11. The natural physical drive prompted by the body's need for food is called what?
- 12. Compounds found in food that help regulate many body processes are called?

Word Bank

- | | | | | |
|---------------|-----------------|---------------|-----------------|---------------|
| Appetite | Calorie | Hunger | Diabetes | Proteins |
| Carbohydrates | Unsaturated Fat | Triglycerides | Body Mass Index | Minerals |
| Cholesterol | HDL | Nutrient | Nutrition | Vitamins |
| Metabolism | Water | LDL | Fiber | Saturated fat |