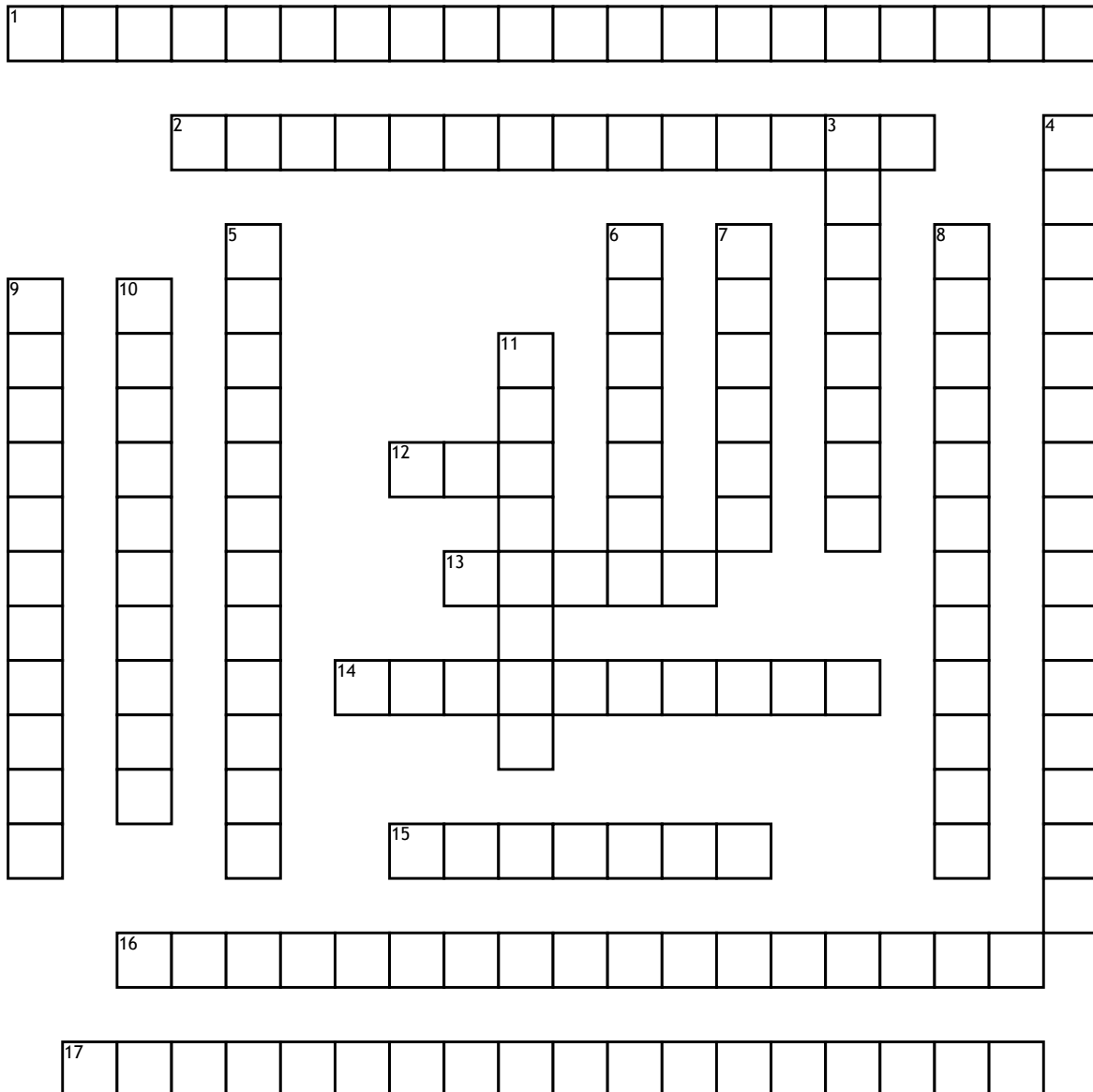


Name: _____

Date: _____

Nutrition



Across

- 1. starches found in rice, grains, seeds, and nuts.
- 2. A liquid at room temperature; can prevent heart disease
- 12. A nutrient that supplies energy, forms cells, maintains body temperature, and protects nerves.
- 13. A type of complex carbohydrate that is found in plants and is necessary for the proper functioning of the digestive system.

- 14. the building blocks of protein.
 - 15. needed for the growth and repair of body tissues.
 - 16. lacking some essential amino acids.
 - 17. sugars found in fruits, vegetables, grains, and milk.
- ## Down
- 3. the desire for food.
 - 4. contains all 9 of the essential amino acids.
 - 5. A nutrient that supplies energy for your body's functions. Can be simple or complex.

- 6. Unit for the amount of energy released when nutrients are broken down.
- 7. the need for food.
- 8. A solid at room temperature; can lead to heart disease.
- 9. A waxy, fatlike substance that is found only in animal products.
- 10. The chemical process by which the body breaks down food to release energy
- 11. A substance in foods that the body needs to regulate bodily functions, promote growth, repair body tissues, and obtain energy.