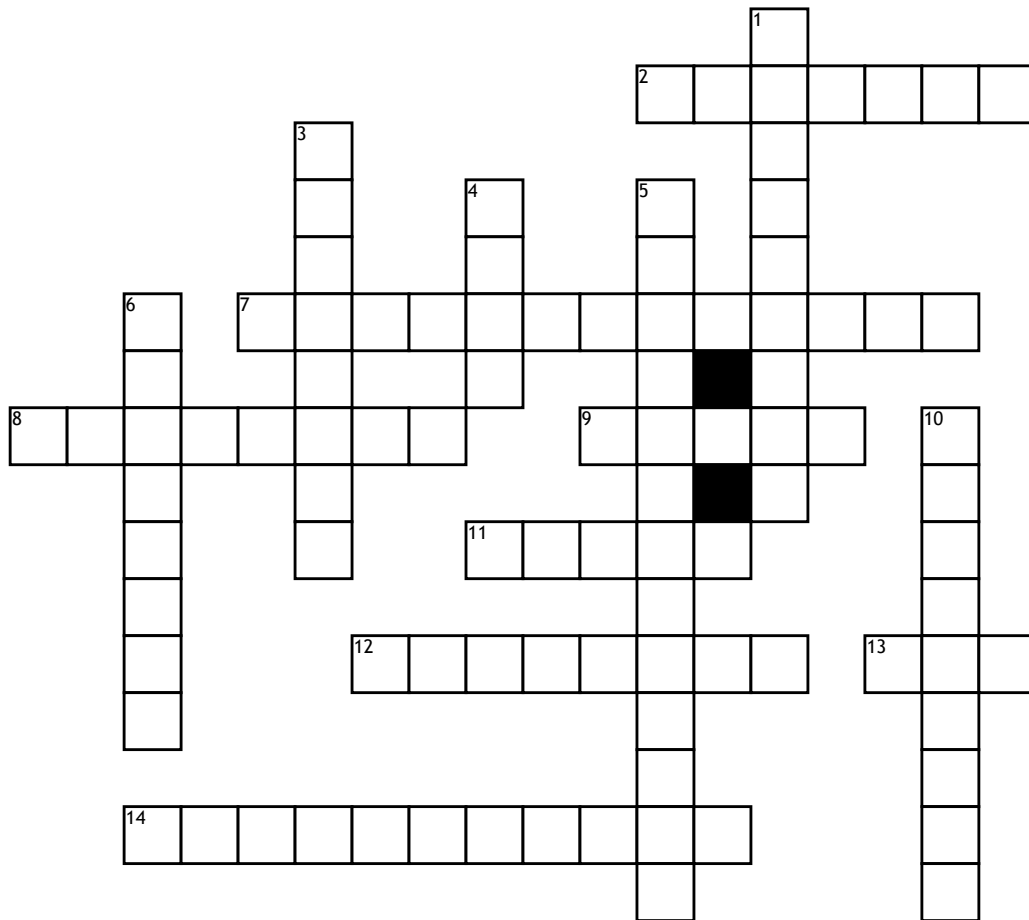


Name: _____

Date: _____

Nutrition



Across

- 2. Builds and repairs body tissues.
- 7. Gives body quick energy.
- 8. Sunshine vitamin.
- 9. The physical state in which a saturated fat is at room temperature.
- 11. Regulates body temperature, cleanses and hydrates.

- 12. _____ Regulate body systems and help them work together.
- 13. Lubricates joints and provides good mouth feel.
- 14. _____ Is a fat like substance found in every cell in the body.

- 3. Predominantly found in grains and pastas.
- 4. Enables red blood cells to carry oxygen to the rest of your body.
- 5. Adds hydrogen atoms to unsaturated fatty acids in liquid oils.
- 6. Found in citrus fruit.
- 10. An unsaturated fat.

Down

- 1. Also known as B6.

Word Bank

- | | | | | |
|------------|-------------|----------|----------|---------------|
| Margarine | Solid | VitaminC | Fat | Hydrogenation |
| Folic acid | VitaminD | Protein | Water | Carbohydrates |
| Iron | Cholesterol | VitaminB | Minerals | |