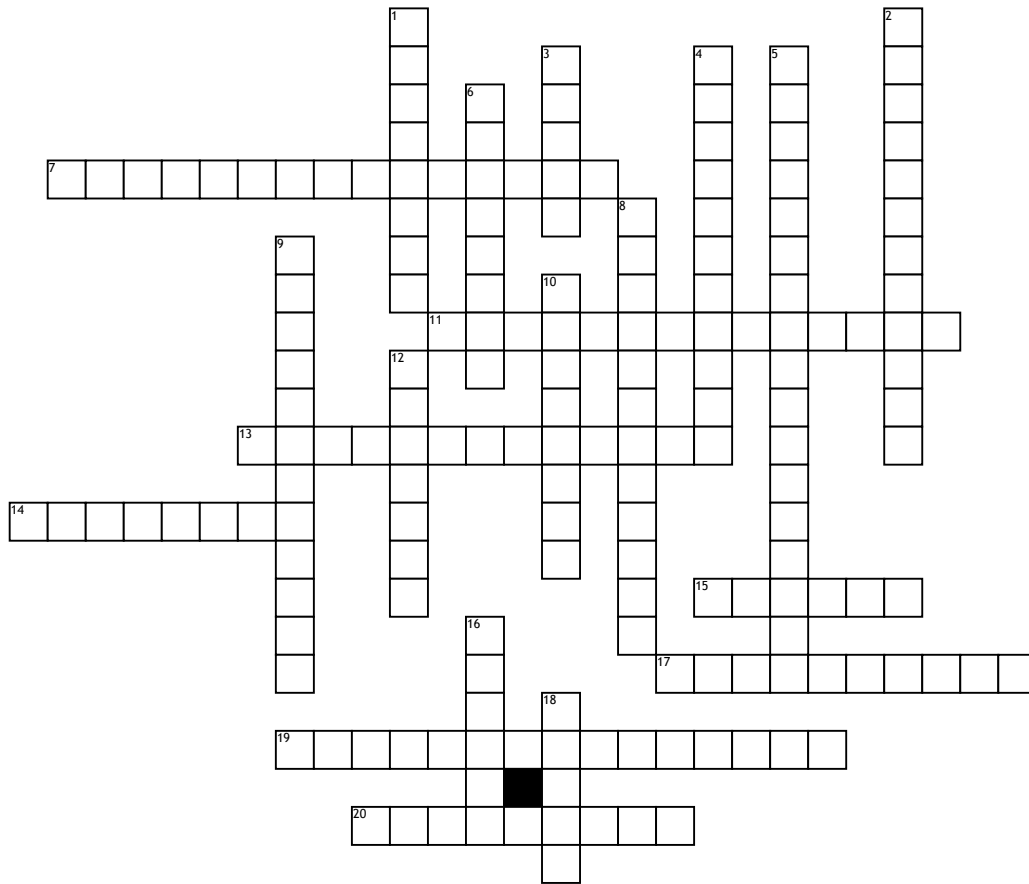


# Nutrition



**Across**

- 7. Which protein contains all 9 amino acids?
- 11. What is a good type of fat?
- 13. What are the sugars and starches in food called?
- 14. What is the desire to eat also called?
- 15. What does lack of iron cause?
- 17. what are proteins made up of?
- 19. What are harmful eating behaviors that can cause illness or death called?

- 20. What substances does your body need?

**Down**

- 1. what comes from the earth that the body cannot make?
- 2. What are the starches in the food?
- 3. What is another word for fat?
- 4. what are sugars in food?
- 5. Which protein is missing amino acids?
- 6. what helps with many vital body processes?

- 8. What is a bad type of fat?

- 9. What is the unhealthy type of fat?
- 10. What do foods supply do to the body?
- 12. What are the nutrient that help build and maintain body cells?
- 16. What physical drive saves you from starvation?
- 18. what is an indigestible carbohydrate called?

**Word Bank**

- |                  |               |                    |                 |             |
|------------------|---------------|--------------------|-----------------|-------------|
| Calories         | complex carbs | nutrients          | simple carbs    | Hunger      |
| complete protein | saturated fat | incomplete protein | Saturated Fat   | amino acids |
| Carbohydrates    | minerals      | eating disorders   | unsaturated fat | vitamins    |
| lipid            | appetite      | protein            | anemia          | fiber       |