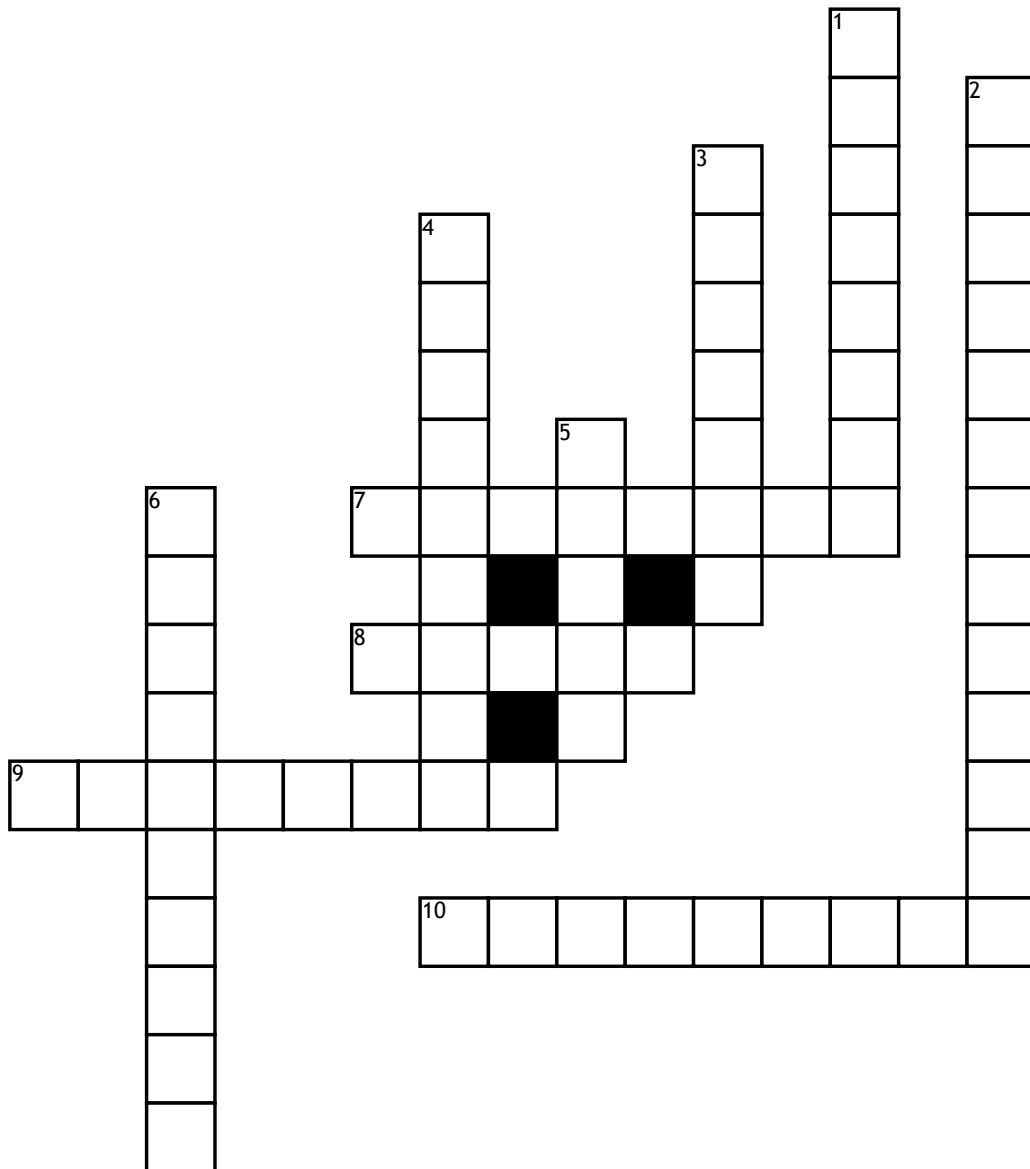


Nutrition



Across

- 7. Help to regulate body functions.
- 8. Tough, stringy part of raw fruits, raw vegetables, whole wheat, and other grains that cannot be digested
- 9. Nutrients used to build and repair cells
- 10. Substances in food that your body needs to function

Down

- 1. Elements in foods that help your body work properly.

- 2. The starches and sugars found in foods, especially in plant foods.
- 3. Unit of heat that measures the energy available in food
- 4. The study of nutrients and how the body uses them.
- 5. This is essential to every body function you have.
- 6. Small units that make up proteins.