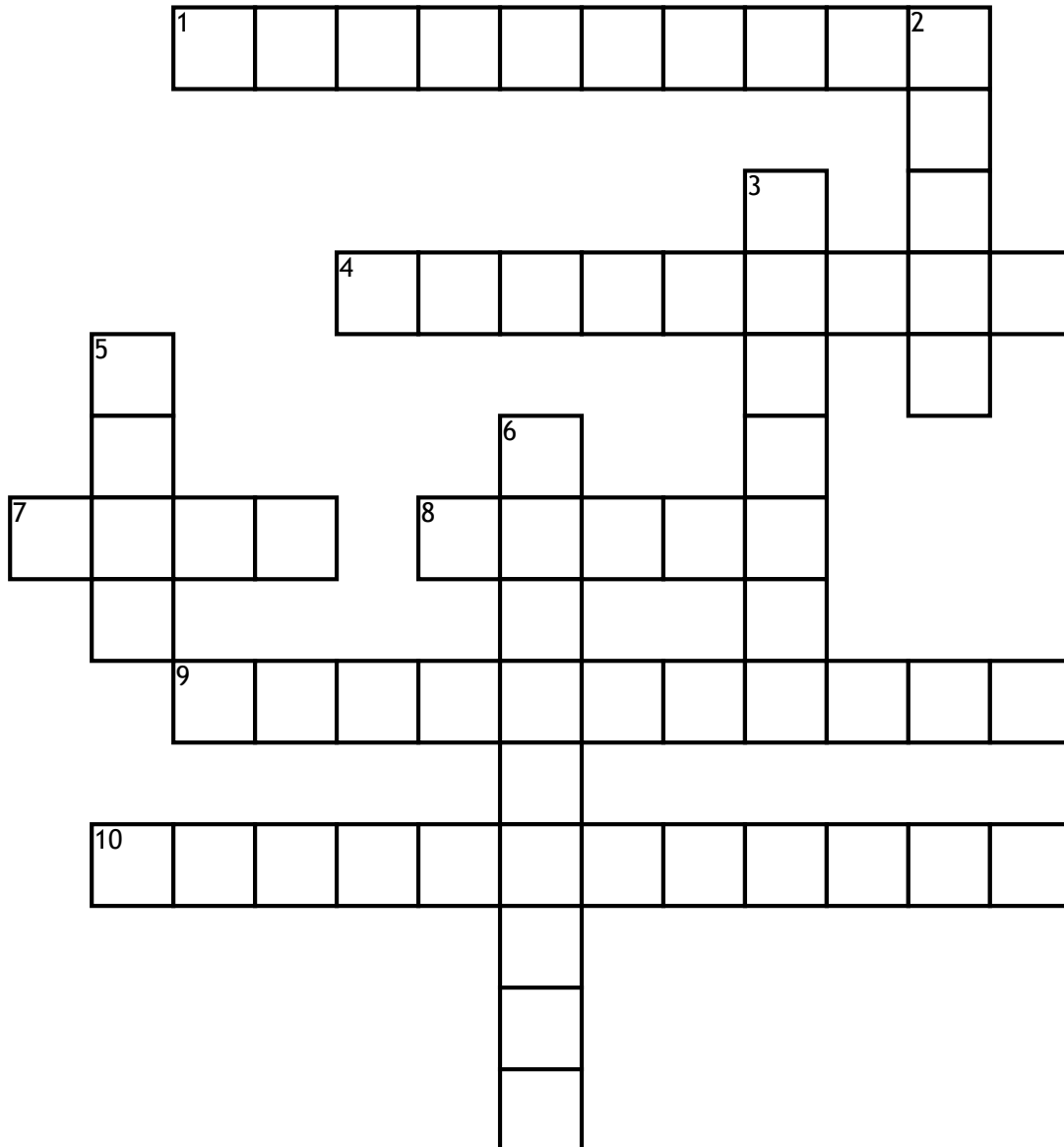


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition



## Across

- 1. A pill or powder
- 4. A diet-planning pattern
- 7. An energy source for the body
- 8. Indigestible substances in foods
- 9. A type of fat made by the body

- 10. High blood pressure

## Down

- 2. Poison
- 3. A unit used to measure energy
- 5. A unit of weight
- 6. the breaking down of food into nutrients