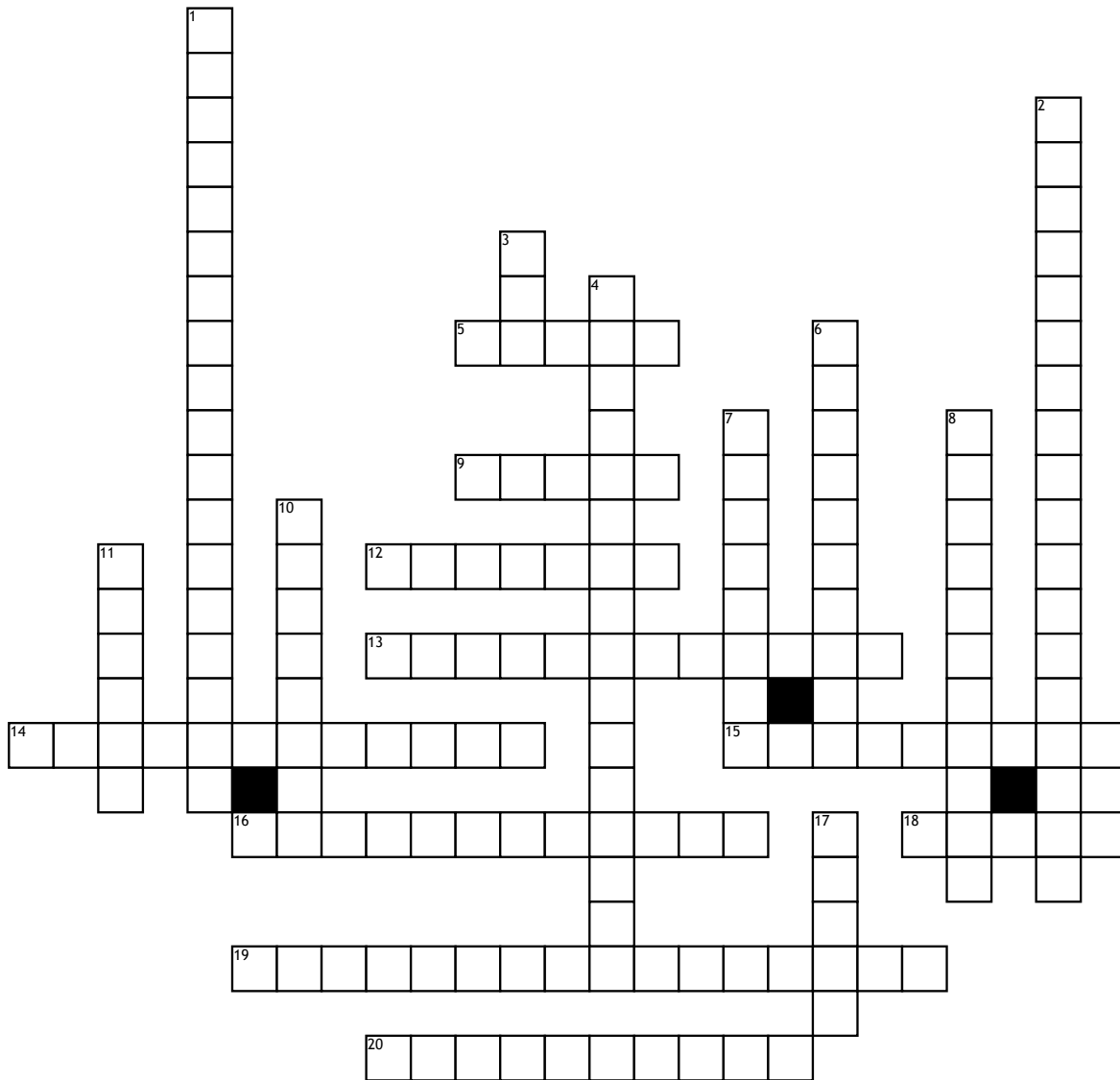


Name: _____

Date: _____

Nutrition



Across

- 5. filament from vegetable tissue
- 9. does not eat meat or animal products
- 12. Inability to fully digest sugars in dairy
- 13. Bones are weak and brittle
- 14. Keeps your heart beating and your muscles moving
- 15. absolutely necessary
- 16. the amount of weight you carry on your body that isn't fat
- 18. Poisonous

- 19. Body needs these to function

- 20. a lack or shortage

Down

- 1. body uses energy while at rest to keep vital functions going
- 2. a person who eats vegetables, eggs, and dairy products but who does not eat meat.
- 3. Measure of body fat based on weight and height
- 4. a dietary supplement that contains herbs

- 6. You need to consume 9 a day

- 7. Fruit sugar

- 8. Excessive loss of water from the body

- 10. a dose many times larger than usual

- 11. Feeling of discomfort caused by lack of food

- 17. fatty acid