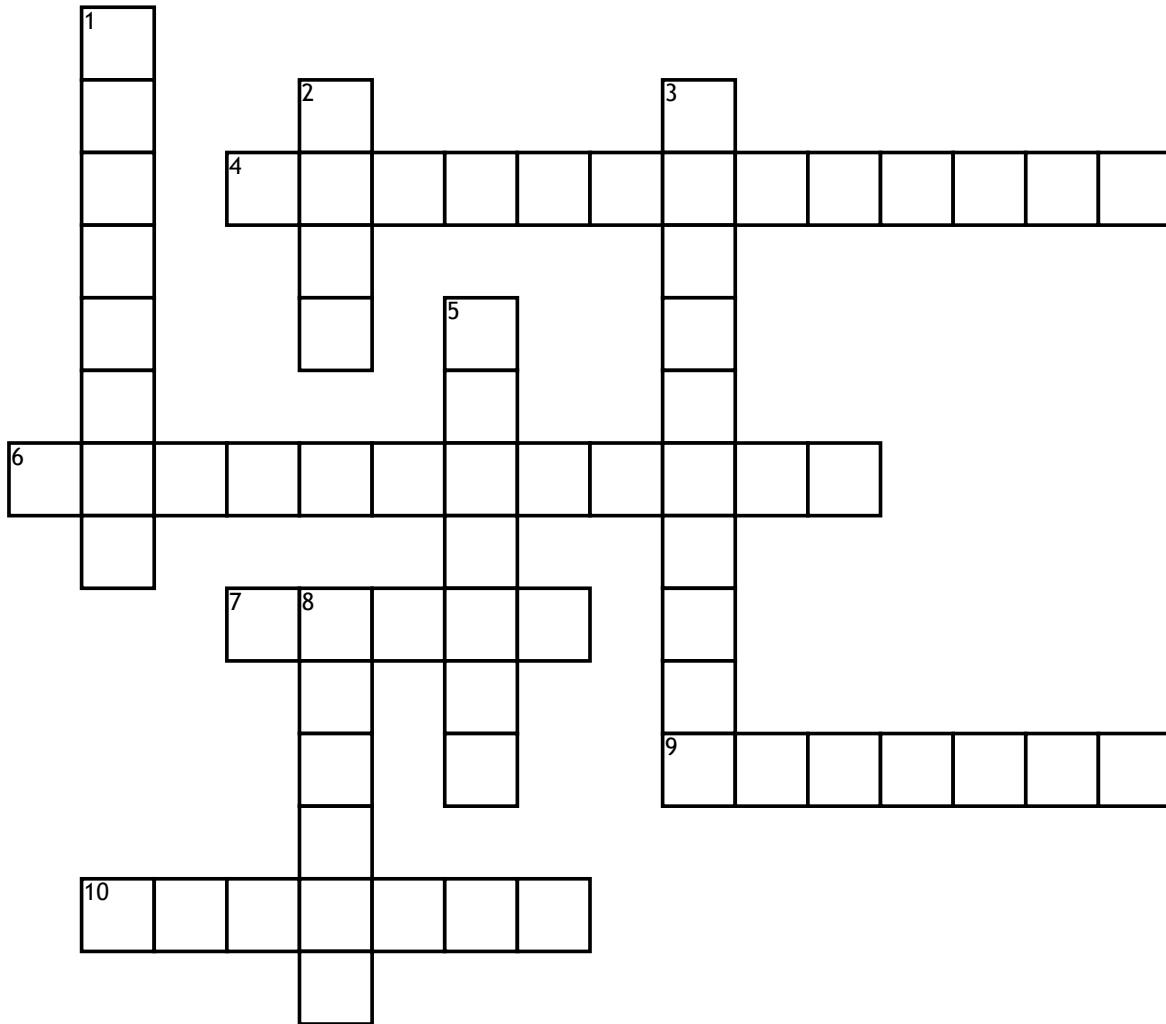


Name: _____

Date: _____

Nutrition



Across

4. What daily diet category contains pasta?
6. _____ help maintain the balance of water in and outside the cell.
7. _____ is necessary for every cellular reaction in the body.
9. A pregame meal should contain mainly _____ carbohydrates.
10. An eating disorder that involves binging and purging.

Down

1. _____ are essential to good health and aid in metabolism and formation of bone and teeth.
2. What daily diet category contains lard?
3. Solution having a higher osmotic pressure.
5. What daily diet category contains chicken?
8. _____ may occur due to a deficiency of iron.