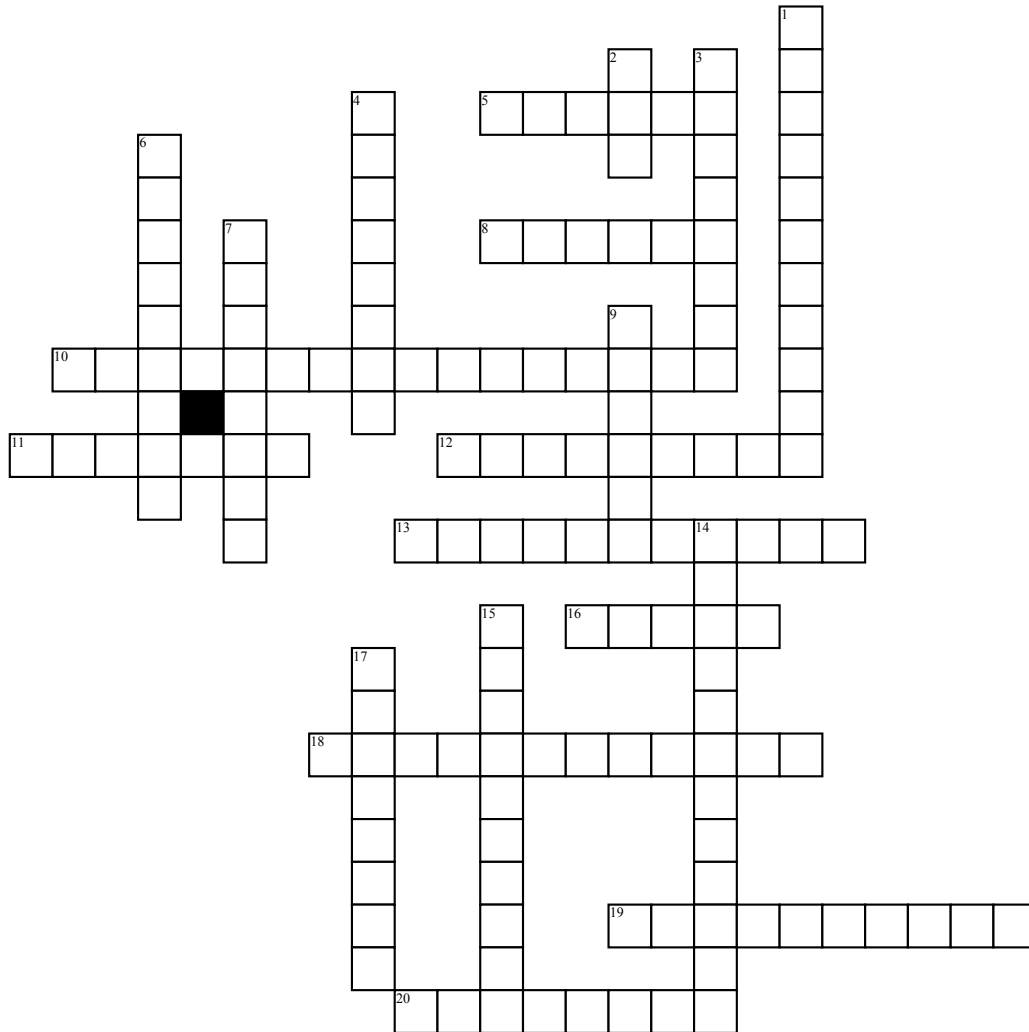


Nutrition Cross Word Puzzle



Across

- 5. a condition in which you lack enough healthy red blood cells to carry adequate oxygen to your body's tissues.
- 8. a feeling of discomfort or weakness caused by lack of food
- 10. the presence of a double bond three atoms away from the terminal methyl group in their chemical structure
- 11. essential nutrients for the human body
- 12. the relationship between diet, health, and disease
- 13. an organic molecule. It is a sterol, a type of lipid
- 16. type of carbohydrate that the body can't digest

- 18. made up of sugar molecules that are strung together in long
- 19. the chemical processes that occur within a living organism in order to maintain life
- 20. are those elements on the earth and in foods that our bodies need to develop and function normally

Down

- 1. is a condition that can occur when the loss of body fluids
- 2. A measure of body fat in adults or teens
- 3. is the amount of heat energy needed to raise the temperature of one gram of water by one degree Celsius

- 4. occur in the meat and dairy from ruminant animals, such as cattle, sheep, and goats
- 6. substance that provides nourishment essential for growth
- 7. any of a group of organic compounds which are essential for normal growth and nutrition and are required in small quantities in the diet
- 9. any of a class of organic compounds that are fatty acids
- 14. are minerals in your body that have an electric charge
- 15. any cereal and pseudocereal that contains the endosperm
- 17. lack or loss of appetite for food

Word Bank

- | | | | | |
|---------------|-------------|--------------|------------|---------------------|
| Lipids | Whole Grain | Trans Fat | Hunger | Fiber |
| Minerals | Nutrition | Electrolytes | Protein | Calories |
| Complex carbs | Vitamins | Nutrients | Metabolism | Omega 3 Fatty acids |
| Dehydration | Anemia | BMI | Anorexia | Cholesterol |