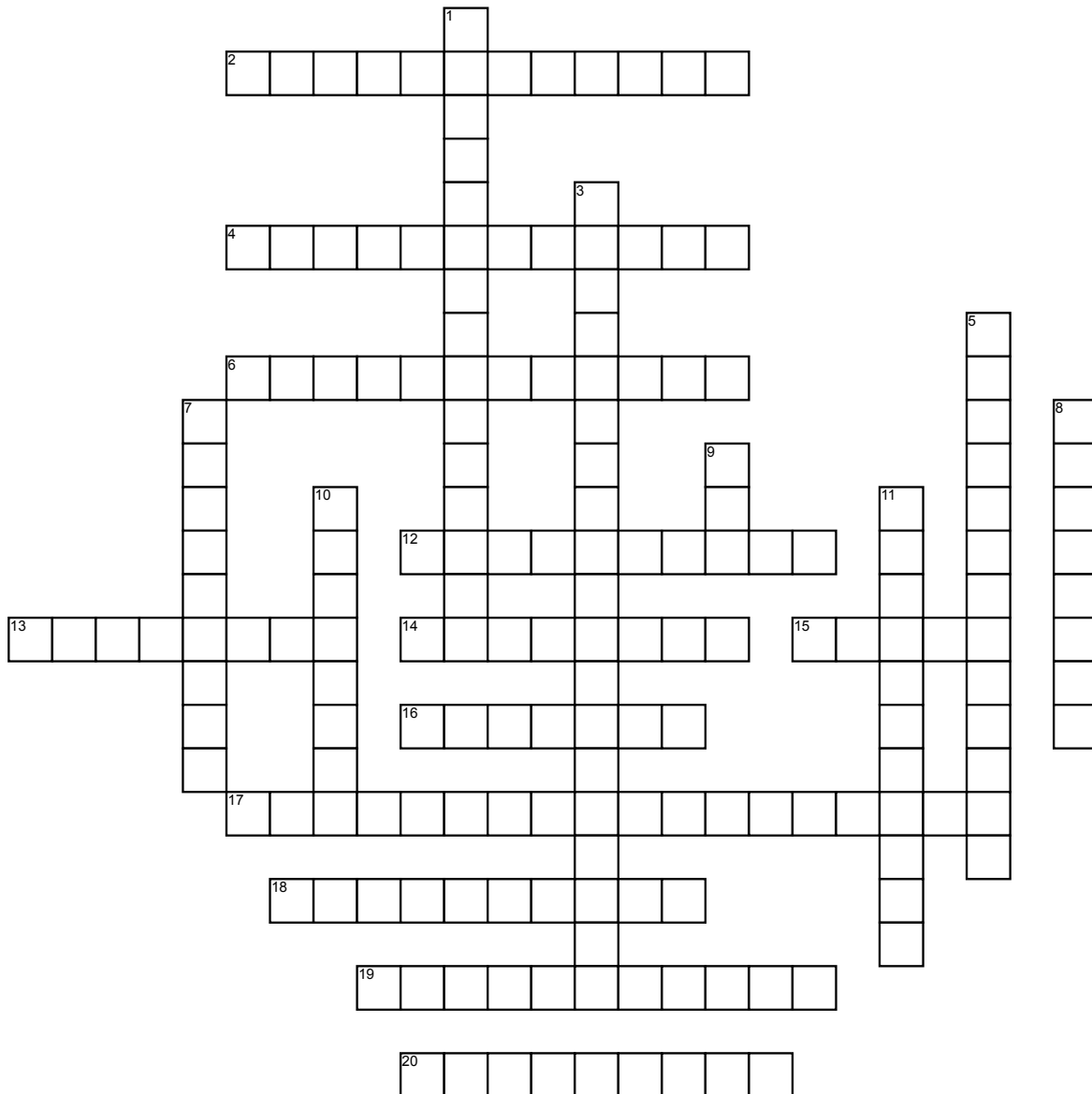


Nutrition Crossword



Across

- 2. muscles, organs, skin, hair, fluids, etc.
- 4. starches in foods
- 6. a condition in which the bones become weak fragile
- 12. converting food into energy
- 13. a desire, rather than a need, to eat
- 14. an obsessive desire to lose weight by not eating
- 15. a fatty substance that does not dissolve in water

- 16. being higher than a weight that is healthy; overweight
- 17. the number of calories you need each day to maintain basic body functions
- 18. substances that make protein
- 19. comes from animal
- 20. the perception a person has of their physical appearance

Down

- 1. contain all 9 amino acids; found in animal and soy
- 3. absorbed and stored in the fat

- 5. sugars and starches
- 7. the process by which the body takes in and uses food
- 8. the result of the hydrogenation process
- 9. the ratio of height and weight
- 10. substances from the environment or ground that the body can not make
- 11. sugars in foods