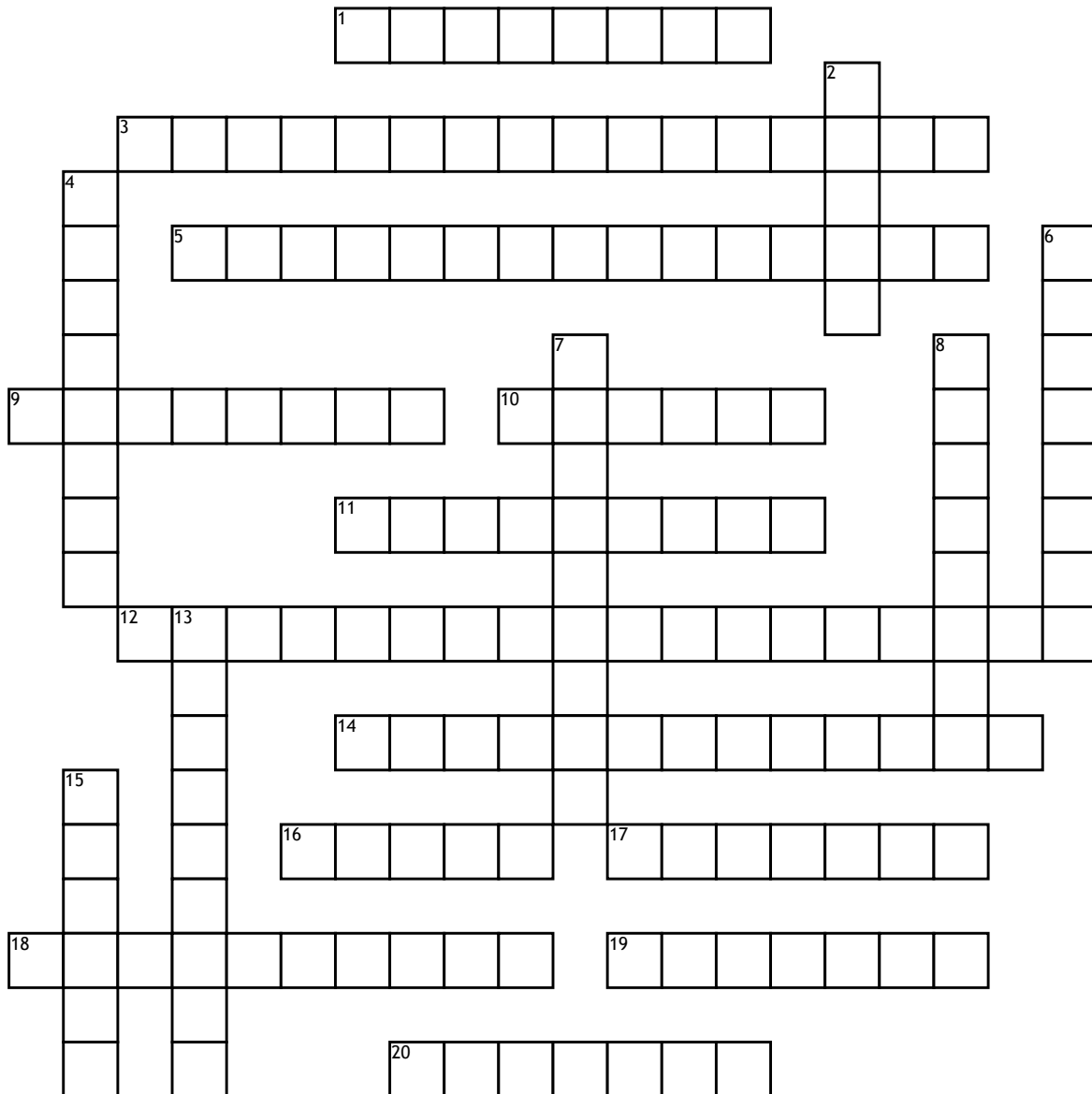


Nutrition Crossword



Across

- 1. Needed for healthy teeth, bones, and vital body processes
- 3. Contains all 9 amino acids
- 5. There's three types of these
- 9. When unsaturated fats are made
- 10. Natural physical drive that protects you from starvation
- 11. A type of fat that is solid
- 12. Missing one or more amino acids
- 14. There's two different types of these

- 16. A fatty substance that does not dissolve in water
 - 17. Contains fruits, grains, dairy, protein, and vegetables
 - 18. You need 9 of these each day but you have 20
 - 19. Need over 30% of it in body composition
 - 20. Help build and maintain body cells and tissues
- Down**
- 2. A indigestible complex carbohydrates
 - 4. A measure of potential energy

- 6. No calories = no energy
- 7. The process when the body takes in and uses food
- 8. A desire, rather than a need, to eat
- 13. The substances in food that your body needs to grow
- 15. Self-starvation and over exercising