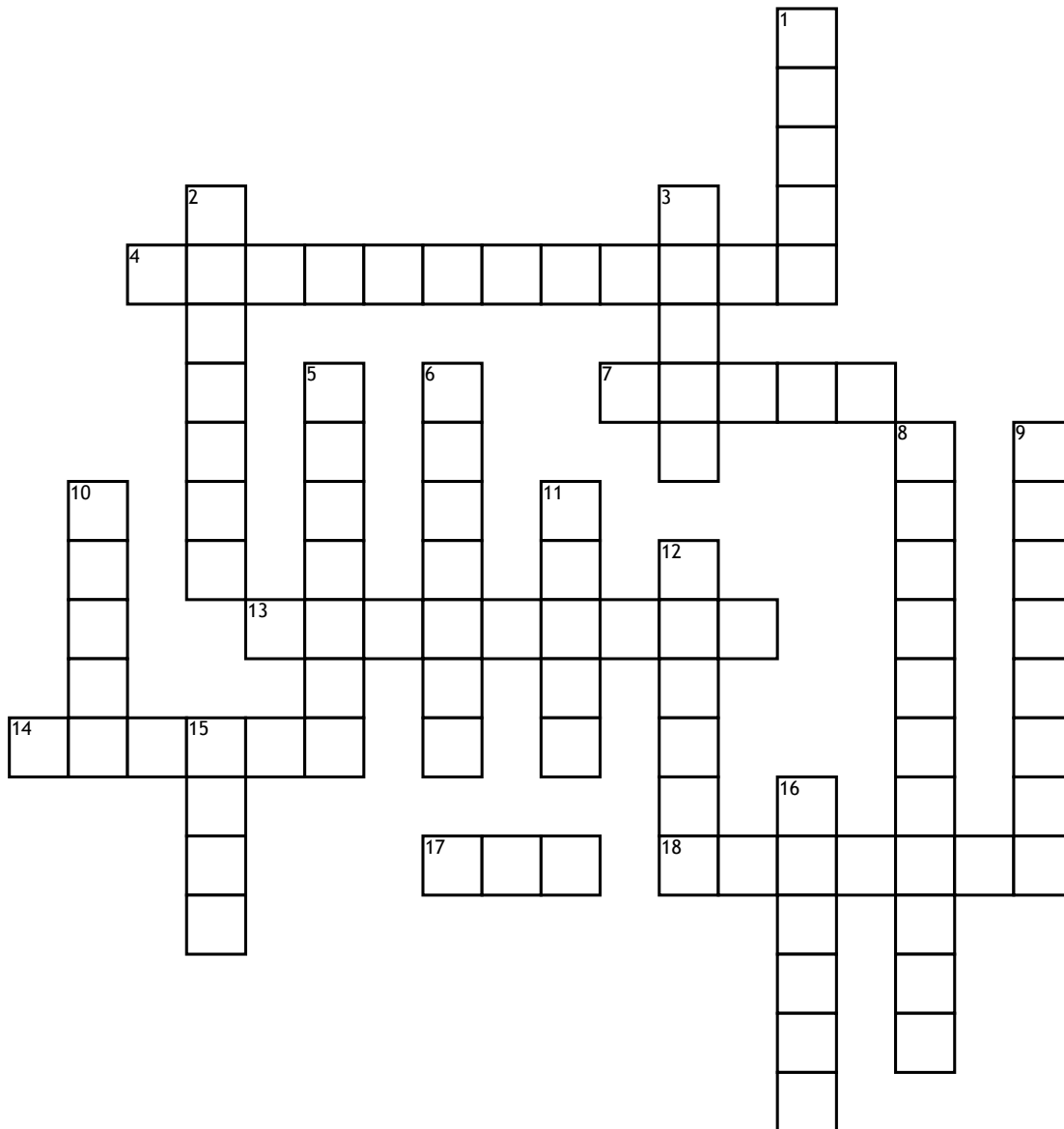


Nutrition Crossword



Across

4. One of the six basic types of nutrients that is the body's chief source of energy.
7. Diet consisting of no animal products, including leather, honey, and silk.
13. The bodily process of breaking food down into simpler compounds the body can use.
14. Otherwise known as Salt
17. One of the six basic types of nutrients that is an important energy source.
18. A disease resulting from a vitamin D deficiency.

Down

1. Bread, cereal, rice, pasta, noodles are all high in...
2. The unit used to measure the energy value of foods.
3. A nutrient required by the body to lubricate the joints and body cells and help regulate body temperature.
5. Mineral associated with Milk, yoghurt, & cheese
6. Nutrient that the body uses for growth
8. A fat-like substance that occurs only in food of animal origin.
9. Organic, essential nutrients required in small amounts by the body for health

10. Vegetarian who consumes no animal flesh, eggs or egg products. Dairy products are generally included
11. One of the six basic essential nutrients to regulate body temp.
12. In Judaism foods must be _____ with specific rules for meat, poultry, seafood and dairy
15. Girls during adolescence/women during menstruation require this additional mineral
16. A disease resulting from a vitamin C deficiency.