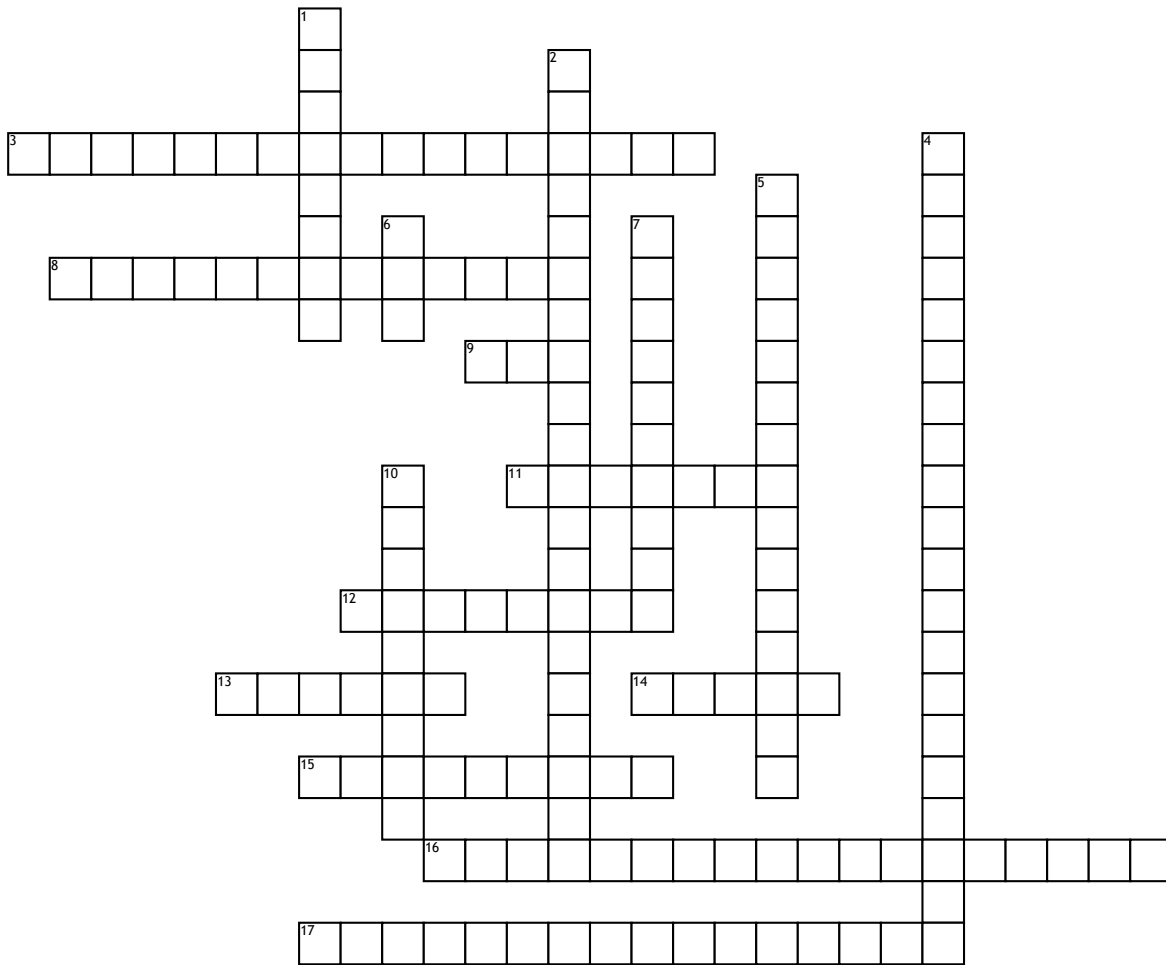


# Nutrition EC



## Across

3. A food with less than 9 of the essential amino acids  
 8. Fats that are solid at room temperature  
 9. A type of cholesterol that sticks to the walls of arteries (bad)  
 11. your blood sugar  
 12. nutrients that help your body build/maintain its tissues and cells  
 13. A natural drive to eat that protects us from starvation

14. An indigestible complex carbohydrate

15. the process by which you body takes in and uses food  
 16. vitamins that are stored, absorbed, and transported in fat

17. fats that are liquid at room temperature

## Down

1. the desire, rather than the need, to eat  
 2. vitamins that dissolve in water  
 4. the starches in foods

5. A food that has all 9 of the essential amino acids

6. A type of cholesterol that helps clear clogged arteries (happy)

7. The building blocks of proteins

10. Substances in food that you need to for your body to grow, repair, and supply you with energy