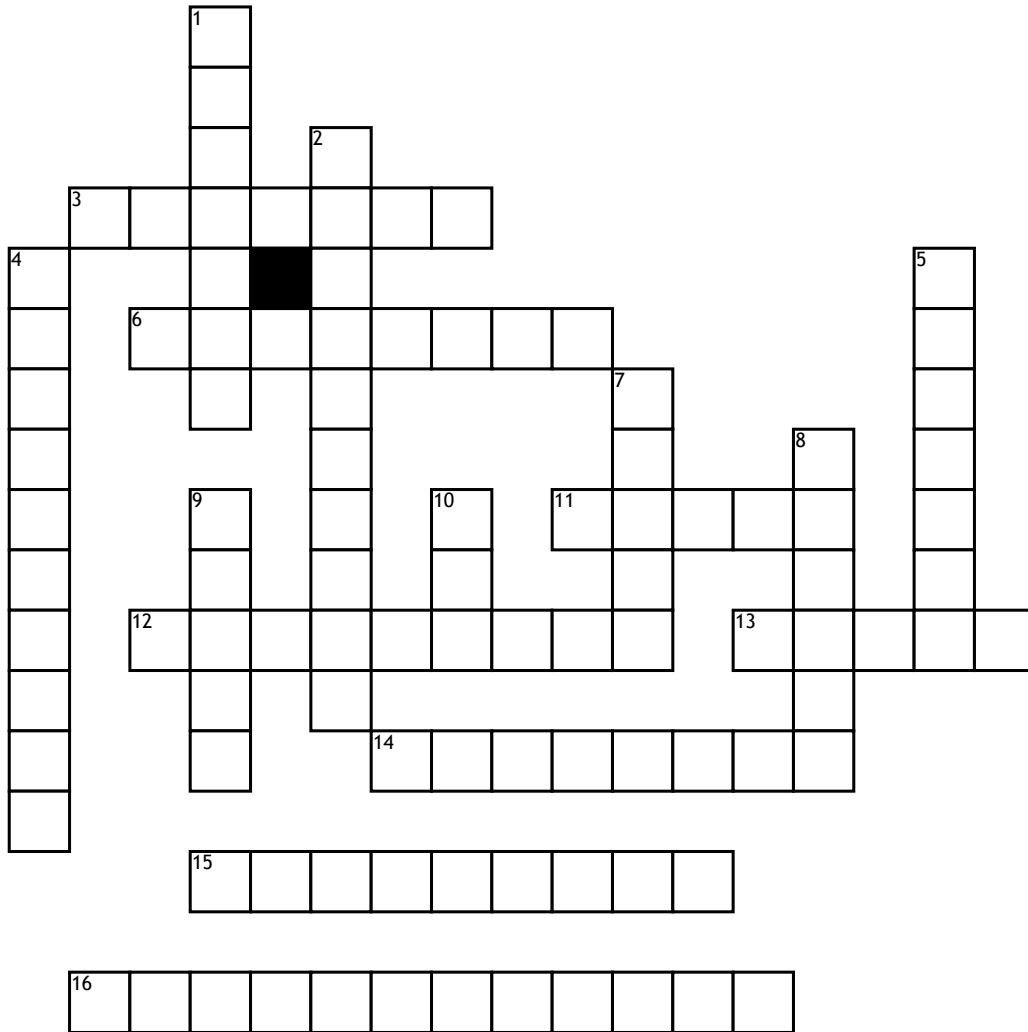


Nutrition Facts



Across

3. One of the six basic types of nutrients that is required for growth, repair, and maintenance of every body cell (beans and meat are good examples of this)
6. One of the six basic types of nutrients that is an inorganic substance and becomes part of the bones, tissues, and body fluids
11. This makes up about 60% of your body composition and is a necessity for living
12. The bodily process of breaking food down into simpler compounds the body can use
13. A complex carbohydrate found in plants, which cannot be digested by human beings (oatmeal, spinach, broccoli, sweet potato are good examples)

14. One of the six basic types of nutrients that is needed for growth and maintenance (a lot of these are found in fruits and they are labeled by the different letters of the alphabet)

15. The study of how the body uses food
16. One of the six basic types of nutrients that is the body's main source of energy

Down

1. The unit used to measure the energy value of foods
2. Carrots, peas, zucchini and squash fall under this category of myplate
4. The chemical processes that occur within a living organism in order to maintain life (some people have a faster one of these than others)

5. Nutrition guide that categorizes all five food groups (Fruits, Grains, Vegetables, Protein, Dairy)

7. Oats, brown rice, quinoa, corn fall under this category of myplate
8. Strawberries, blueberries, oranges, and even tomatoes fall under this category of myplate
9. Milk falls under this category of myplate
10. One of the six basic types of nutrients that is an important energy source (too much of this is not good)

Word Bank

Vitamins
Minerals
Fruits
MyPlate

Water
Carbohydrate
Calorie
Digestion

Protein
Vegetables
Fiber
Nutrition

Dairy
Fat
Metabolism
Grain