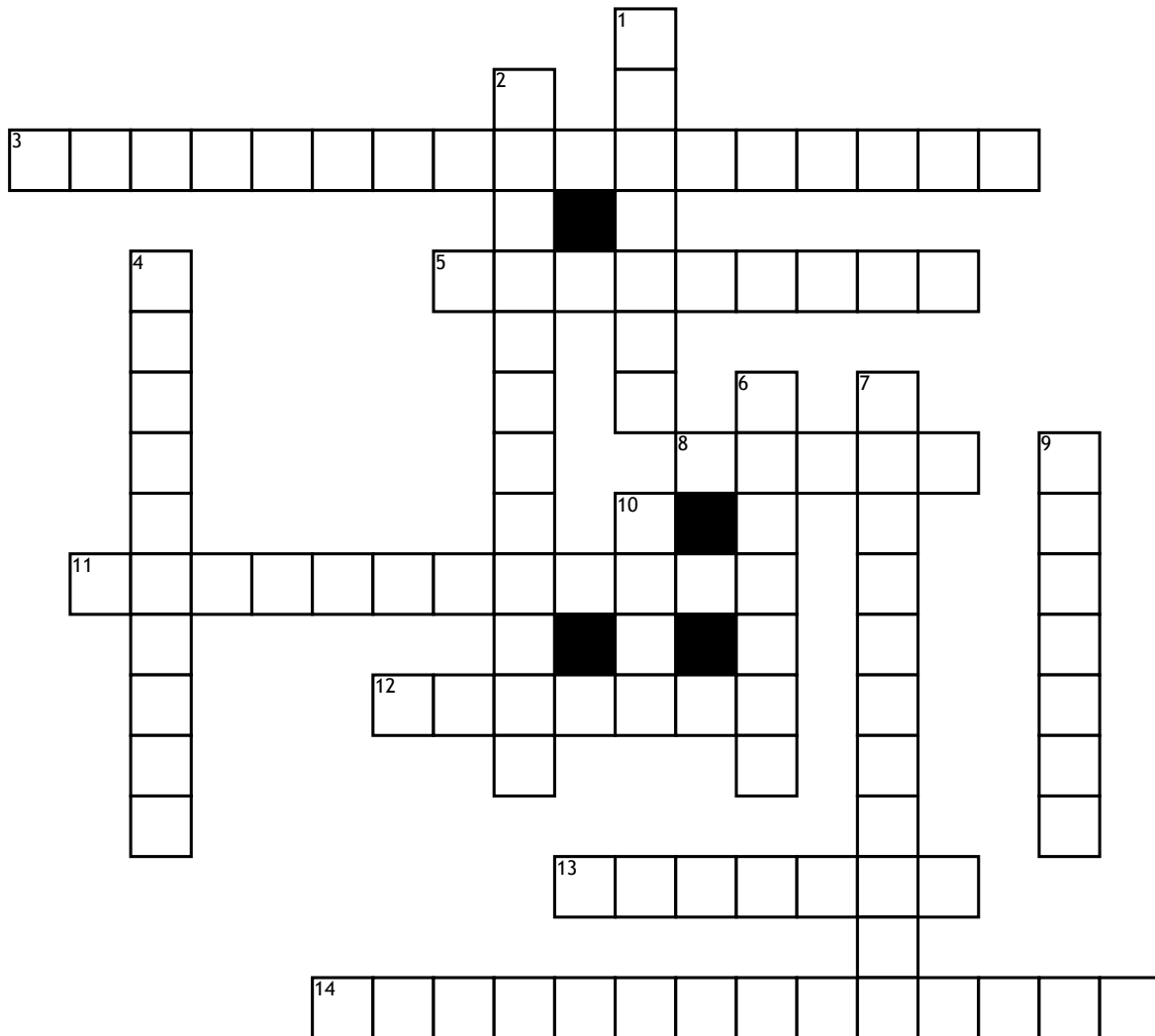


Name: _____

Date: _____

Period: _____

Nutrition Label Crossword



Across

3. The amount of nutrients an average person will get from eating one serving of food.

5. Substance in foods that the body needs to regulate bodily functions, promote growth, repair body tissues, and obtain energy.

8. Complex carbohydrate that is found in plants and is necessary for the proper functioning of the digestive system.

11. Nutrient made of carbon, hydrogen, and oxygen and that supplies energy to the body.

12. Groups that decide what information goes on a food label.

13. Nutrient that contains nitrogen as well as carbon, hydrogen, and oxygen; needed for the growth and repair of body tissues.

14. Fat with at least one unsaturated bond in a place where hydrogen can be added to the molecule (usually liquid at room temperature).

Down

1. Unit for the amount of energy released when nutrients are broken down.

2. Fat that has all the hydrogen the carbon atoms can hold (usually solid at room temperature).

4. Small units that are bound together chemically to form proteins.

6. Nutrient that occurs naturally in rocks or soil; needed by the body in small amounts.

7. Amount of food in a serving.

9. Nutrient that is made by living things, is required in small amounts, and assists in chemical reactions in the body.

10. Nutrient made of carbon, hydrogen, and oxygen; supplies energy, forms cells, maintains body temperature, and protects nerves.