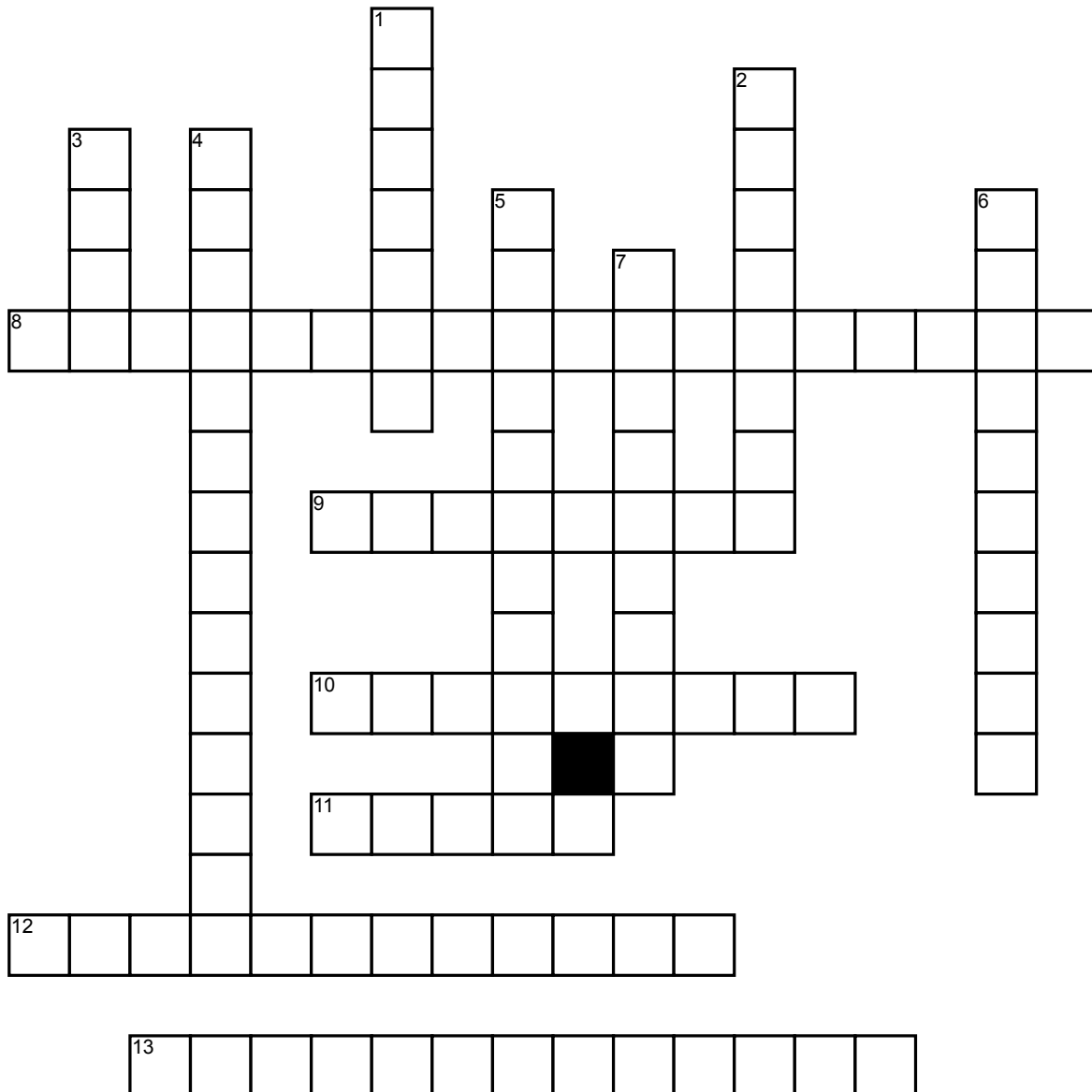


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition Unit



**Across**

- 8. Nutrients that MUST be provided in the diet because the body either cannot make them or cannot make them in sufficient quantities to satisfy its needs
- 9. The class of nutrient does not provide energy, but are needed to regulate body processes. There are 13 of them. Some are aid in bone growth, vision, etc.
- 10. A science that studies the interactions that occur between living organisms and food
- 11. This class of nutrient makes up about 60% of the human body

- 12. Any condition resulting from an energy or nutrient intake either above or below that which is optimal
- 13. This class of nutrient includes sugars and provide a readily available source of energy to the body

**Down**

- 1. This class of nutrient is needed for growth and maintenance of body structures and regulation of body processes. It is another source of energy. Meat, fish and poultry are examples of this
- 2. This class of nutrient do not provide energy. They are needed for bone strength, transporting oxygen, etc.

- 3. This class of nutrient includes triglycerides and cholesterol. They are a source of energy and storage form of energy in the body
- 4. Any condition resulting from an energy or nutrient intake below that which meets nutritional needs
- 5. The unit of heat that is used to express the amount of energy provided by foods
- 6. The sum of all the chemical reactions that take place in a living organism
- 7. Chemical substances in foods that provide energy and structure and help regulate body processes