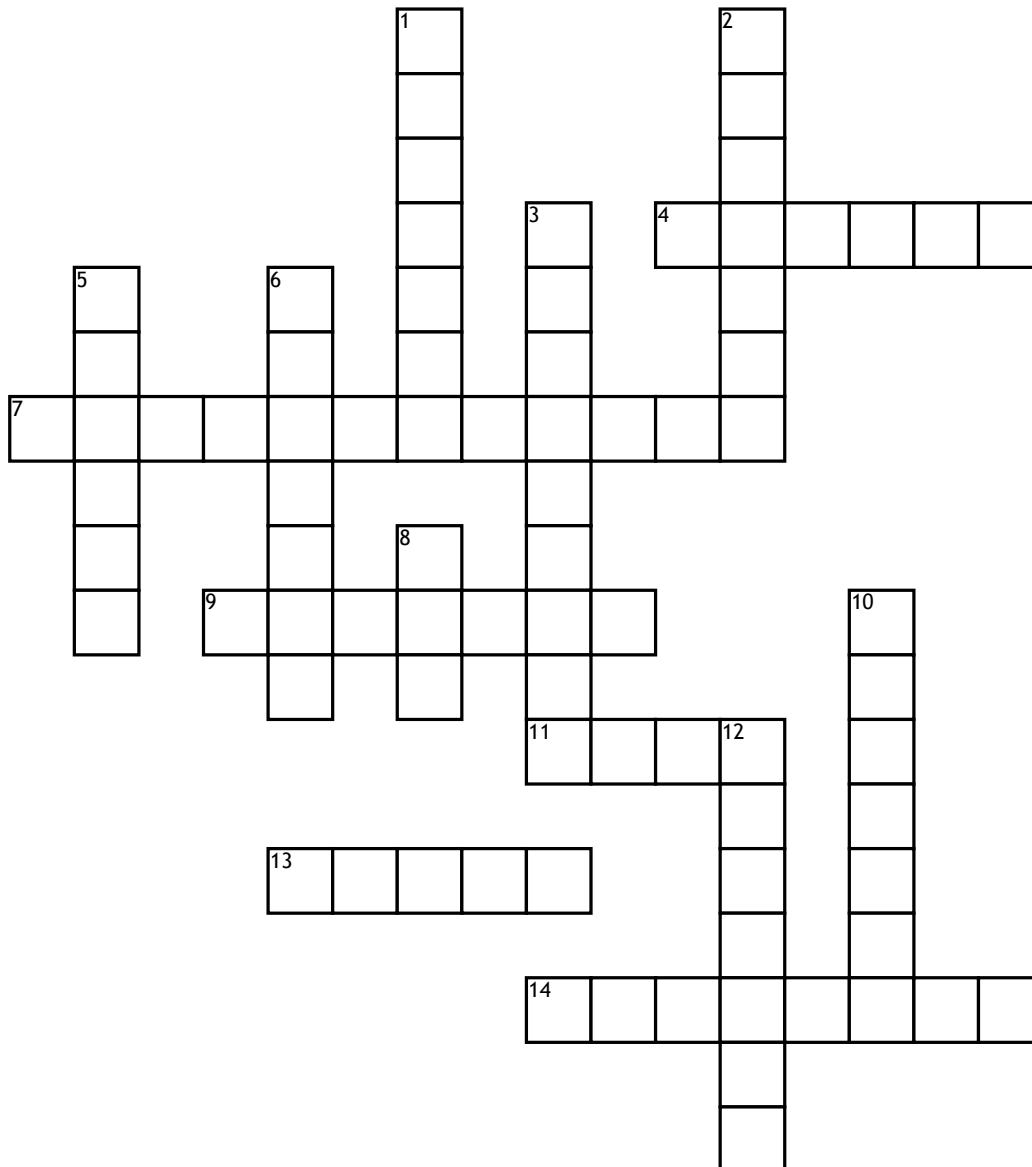


# Nutrition



## Across

4. food prepared according to Jewish dietary guidelines  
 7. Food examples: bread, tortilla, rice, grains  
 9. an organic compound needed in tiny amounts as a nutrient to regulate body processes  
 11. food \_\_\_\_ is a typical or standard pattern related to food and eating behaviors.  
 13. food \_\_\_\_ is a social custom that prohibits the use of certain edible resources as food

14. a basic component of food that nourishes the body

## Down

1. food \_\_\_\_ is a reaction of the immune system to certain proteins found in foods  
 2. the energy needed to raise the temperature of 1 gram of water through 1 °C  
 3. the sum of the process by which a person takes in and uses food substances  
 5. \_\_\_\_\_ food is a food that has a social impact on others

6. Food examples: meat, fish, eggs

8. \_\_\_\_\_ diet is an eating plan that is popular for a short time because it promises rapid weight loss  
 10. the beliefs and social customs of a group of people  
 12. an organic element needed in small amounts as a nutrient to perform various functions in the body