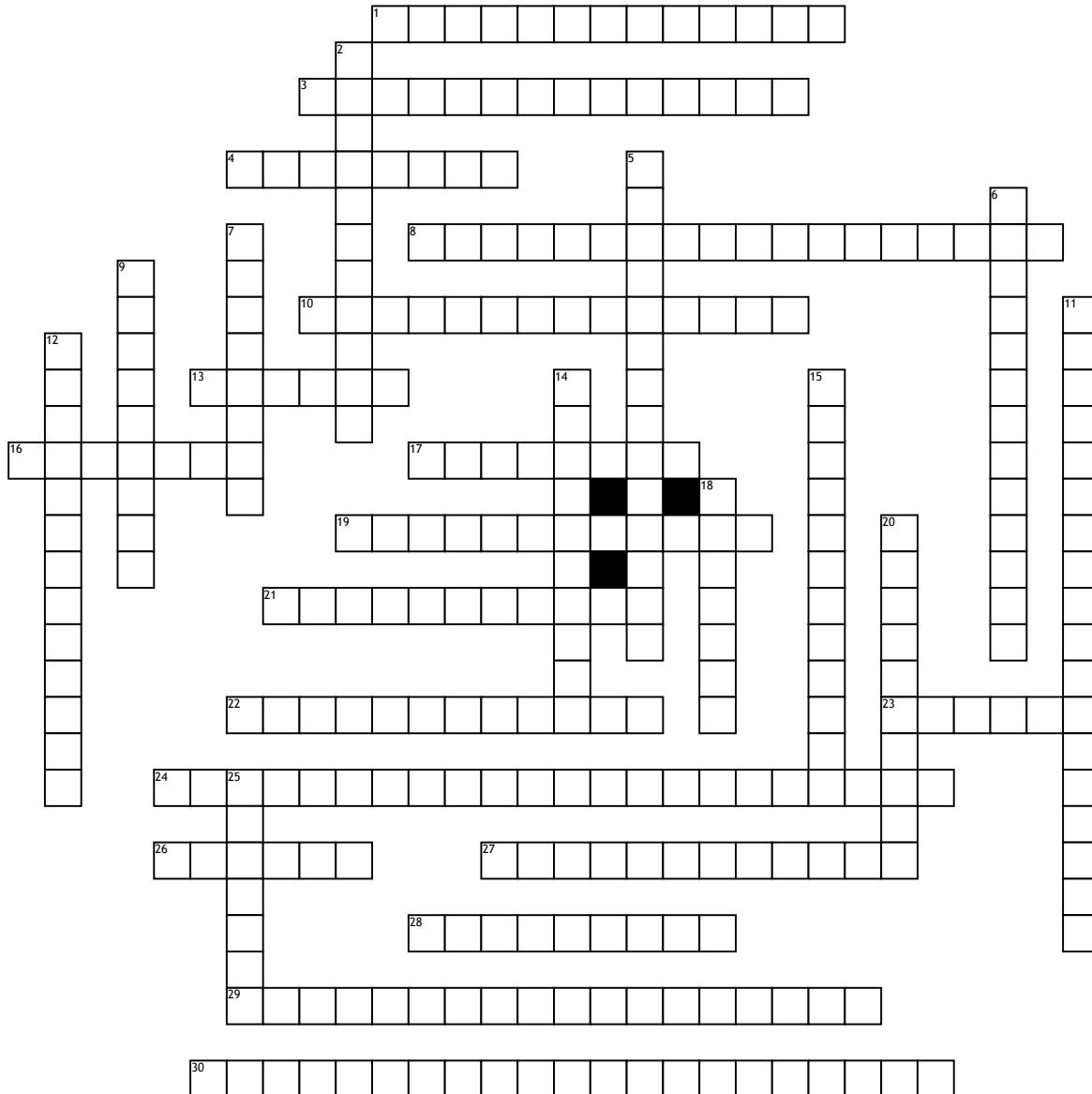


# Nutrition



## Across

1. naturally occurring substance found in plant foods that help prevent and treat chronic diseases like cancer and heart disease  
Cruciferous vegetables - vegetables of the Cabbage family, including cabbage, broccoli, brussel sprouts, kale cauliflower, the flower petals of these two form the shape of a cross; hence the name
3. a type of unsaturated fatty acid produced during the process of hydrogenation  
Cholesterol waxy substance found in the blood cells and needed for cell membranes, vitamin D, and hormone synthesis
4. inorganic compounds needed in relatively small amounts of Regulation  
I said that wrong, growth, and maintenance of body tissues and functions
8. fat containing two or more carbon to carbon double bonds; liquid at room temperature
10. the digestive disorder in which abnormal pouches form in the walls of the intestine and become inflamed
13. polyunsaturated fatty acids commonly found in fish oils that are beneficial to cardiovascular health; the end most double bond occurs three carbons from the end of the fatty acid chain
16. n essential nutrient a compound made of amino acids that contain carbon, hydrogen, oxygen, and nitrogen
17. an animal starch stored in the liver and muscles
19. fiber that dissolves in water or is broken down by bacteria in the large intestine
21. a measure of energy content in food.

22. a substance that can lessen the breakdown of food or body constituents by free radicals; actions include binding of oxygen, donating electrons to free radicals, and repairing damaged to molecules
23. deficiency in the oxygen-carrying material in the red blood cells
24. blood fat that helps transport cholesterol out of the arteries thereby protecting against heart disease
26. a disease caused by lack of vitamin C, characterized by bleeding gums, loosening teeth and poor wound healing
27. a condition in which bones become extremely thin and brittle and break easily
28. the science of food and how the body uses it in health and disease
29. substances the body must get from Foods because it cannot manufacture them at all or fast enough to meet its needs. These nutrients include proteins fats carbohydrates vitamins minerals and water
30. a type of unsaturated fatty acid produced during the process of hydrogenation  
Cholesterol waxy substance found in the blood cells and needed for cell membranes, vitamin D, and hormone synthesis

## Down

2. an electron seeking compound that can react with fats, proteins, and DNA damaging cell membranes and mutating genes in its search for electrons; produced through chemical reactions in the body and by exposure to environmental factors such as sunlight and tobacco smoke

5. fiber that does not dissolve in water and is not broken down by bacteria in the large intestine
6. in essential nutrient; Sugars, starches, and dietary fiber are all carbohydrates
7. carbon-containing substances needed in small amounts to help promote and regulate chemical reactions and processes in the body
9. the process of breaking down Foods in the gastrointestinal tract into compounds the body can absorb
11. a fat with one carbon to carbon double bond; liquid at room temperature
12. a process by which hydrogens are added to unsaturated fats, increasing the degree of saturation and turning liquid oils into solid fats. Hydrogenation produces a mixture of saturated fatty acids and standard and transforms of unsaturated fatty acids
14. the entire edible portion of a grain such as wheat, rice, or oats, including the germ, endosperm, and bran. During Milling or processing, parts of the grain are removed, often leaving just the endosperm
15. fat with no carbon to carbon double bonds; usually solid at room temperature
18. vegetables such as peas and beans that are high in fiber and are also important sources of protein
20. the building blocks of proteins
25. a simple sugar that is the body's basic fuel