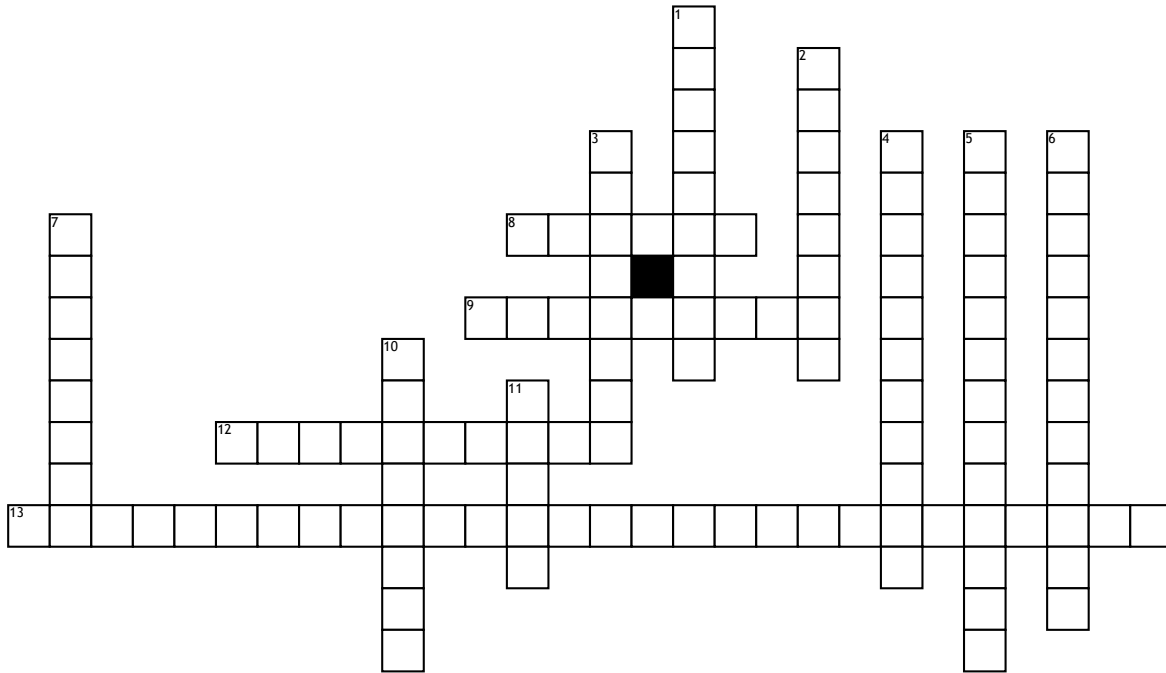


Nutrition



Across

- 8. 2) A natural drive that protects you from starvation
- 9. 4) The process by which the body takes in and uses food
- 12. 7) Substances that make up body proteins
- 13. 13) The amounts of nutrients that will prevent deficiencies and excesses in most healthy people

Down

- 1. 1) Substances in food that your body needs to function properly to grow, repair itself, and to supply you with energy

- 2. 11) Compounds that help regulate many vital body processes including the digestion, absorption, and metabolism of other nutrients
- 3. 12) Inorganic substances that the body cannot manufacture but that act as catalysts, regulating many vital body processes
- 4. 10) A fatlike substance produced in the liver of all animals and, therefore, found only in foods of animal origin
- 5. 5) The starches and sugars found in foods

- 6. 9) An essential fatty acid not made in the body but which is essential for growth and healthy skin
- 7. 3) A desire, rather than a need, to eat
- 10. 6) Nutrients that help build and maintain body tissues
- 11. 8) Fatty Substance that does not dissolve in water