

Name: _____

Nutrition - Fueled for Success - MORE Health

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| 1. nutrients needed to keep teeth and bones healthy | A. nourish |
| 2. to feed | B. nutrition |
| 3. the process by which an animal or plant takes in food and uses it in living and growing | C. multi-vitamin |
| 4. a disease that affects the bones | D. minerals |
| 5. the watery liquid produced in the mouth | E. vitamins |
| 6. the long, narrow, coiled part of the tube which food passed through from the stomach | F. stomach |
| 7. nutrients needed for good health | G. nutrient |
| 8. a pill that contains a variety of vitamins and minerals | H. proteins |
| 9. a nutrient that carries the other nutrient to the cells and carries away wastes | I. osteoporosis |
| 10. any of the substances in food that are needed for good health | J. small intestine |
| 11. the large, hollow organ into which food goes after it is swallowed | K. saliva |
| 12. an unhealthy overweight condition | L. serving |
| 13. a single portion of food | M. obesity |
| 14. nutrients needed for growth and to repair damaged bones, muscles, skin, and other parts of the body | N. water |