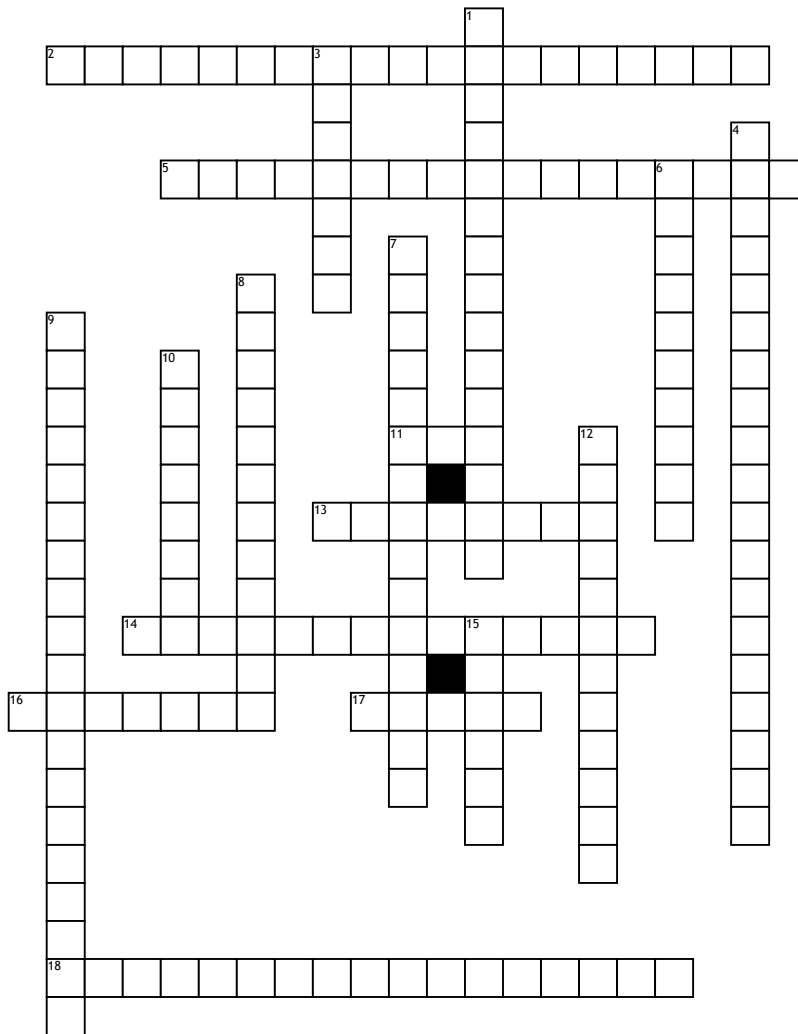


Nutrition



Across

2. These are starches and fiber. Maintains energy.

5. vitamin that dissolves in fat and can be stored

11. nutrient that provides energy and helps the body store and use vitamins

13. This is a substance in food that helps with body process

14. type of fat obtained from plant products

16. simple sugar is called

17. This is also known as roughage

18. protein form plant sources

Down

1. protein that contains all the essential amino acids

3. is a unit of energy produced by food and used by the body

4. sugars that enter the body that provide quick bursts of energy

6. Building blocks that make up proteins

7. Fatty acids that are formed when vegetable oils are processed into solid fats

8. is a nutrient that is the main source of energy for the body

9. vitamin that dissolve in water and cannot be stored

10. When you need energy, this is converted to glucose

12. Type of fat that is found in dairy, solid vegetable fat

15. body produces this many amino acids

Word Bank

eleven

amino acids

glycogen

trans fatty acids

saturated fat

fat soluble vitamin

simple carbohydrates

incomplete protein

glucose

calorie

fiber

Complex Carbohydrates

water soluble vitamin

unsaturated fat

nutrient

carbohydrate

fat

complete protein