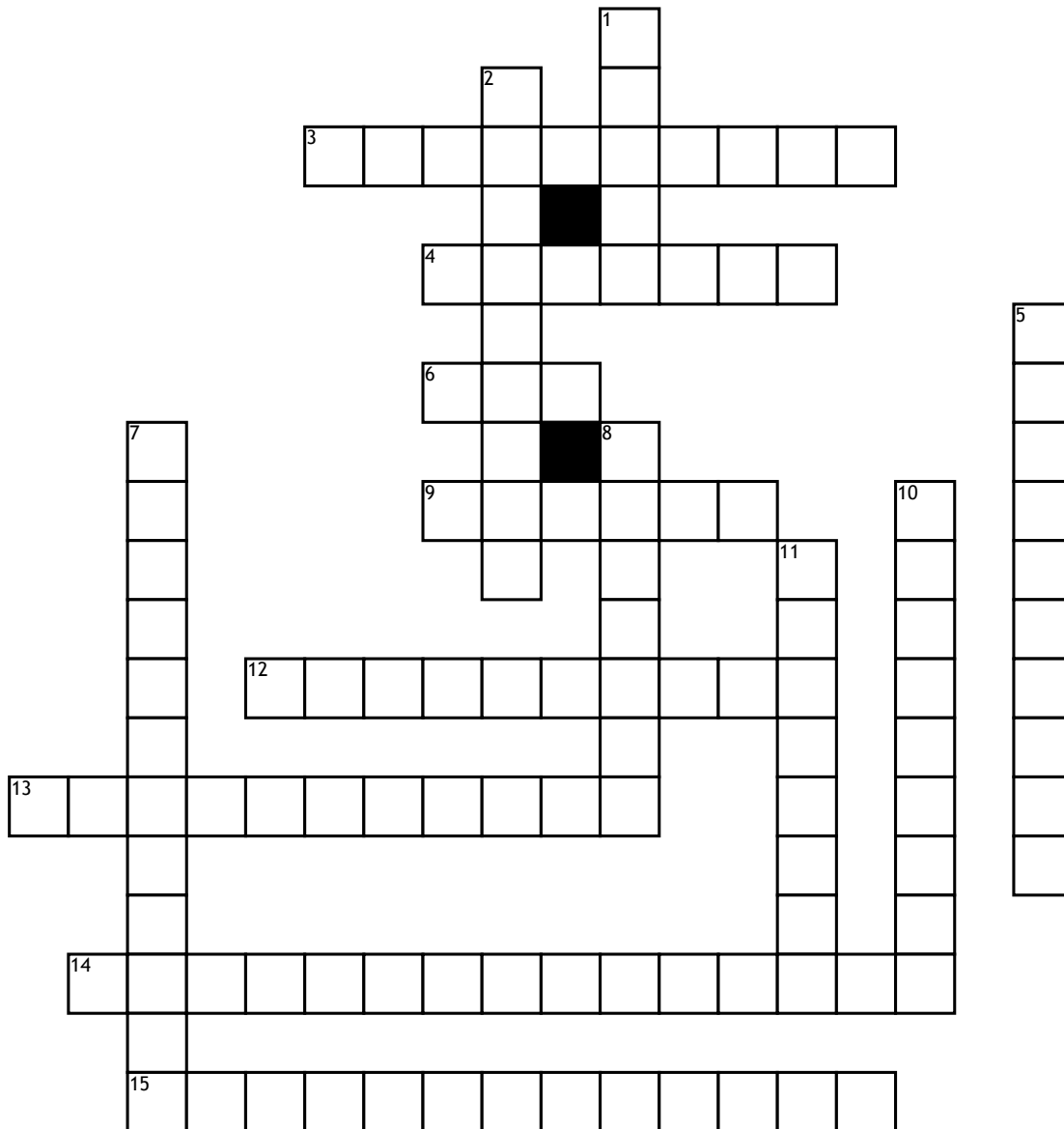


Nutrition worksheet



Across

3. Rate at which food is converted into energy in body cells.
4. An eating disorder in which a person has uncontrolled eating binges followed by purging.
6. A nutrient that provides energy and helps the body store and use vitamins
9. Supplements that contain extracts of ingredients from plants and do not have to be proven safe by the FDA.
12. Body weight that exceeds the recommended guidelines for good health by 10 percent.

13. A response by your immune system to the proteins in certain foods.

14. A disease in which plaque deposits on artery walls and can lead to high blood pressure.

15. A good-borne illness from undercooked chicken, eggs, and other meats.

Down

1. A food-borne illness from improperly canned food.
2. A fat from dairy products, solid vegetable fat, and meat and poultry.

5. A diet in which vegetables are the foundation and meat, fish, and poultry are restricted or eliminated.

7. Minerals that carry electrical charges that help maintain the body's fluid balance.

8. Body weight more than 20% higher than the average weight for a person of a given age and height.

10. A substance in food that helps with body processes.

11. A nutrients that helps the body use carbohydrates, proteins, and fats. They can be water-soluble or fat-soluble.