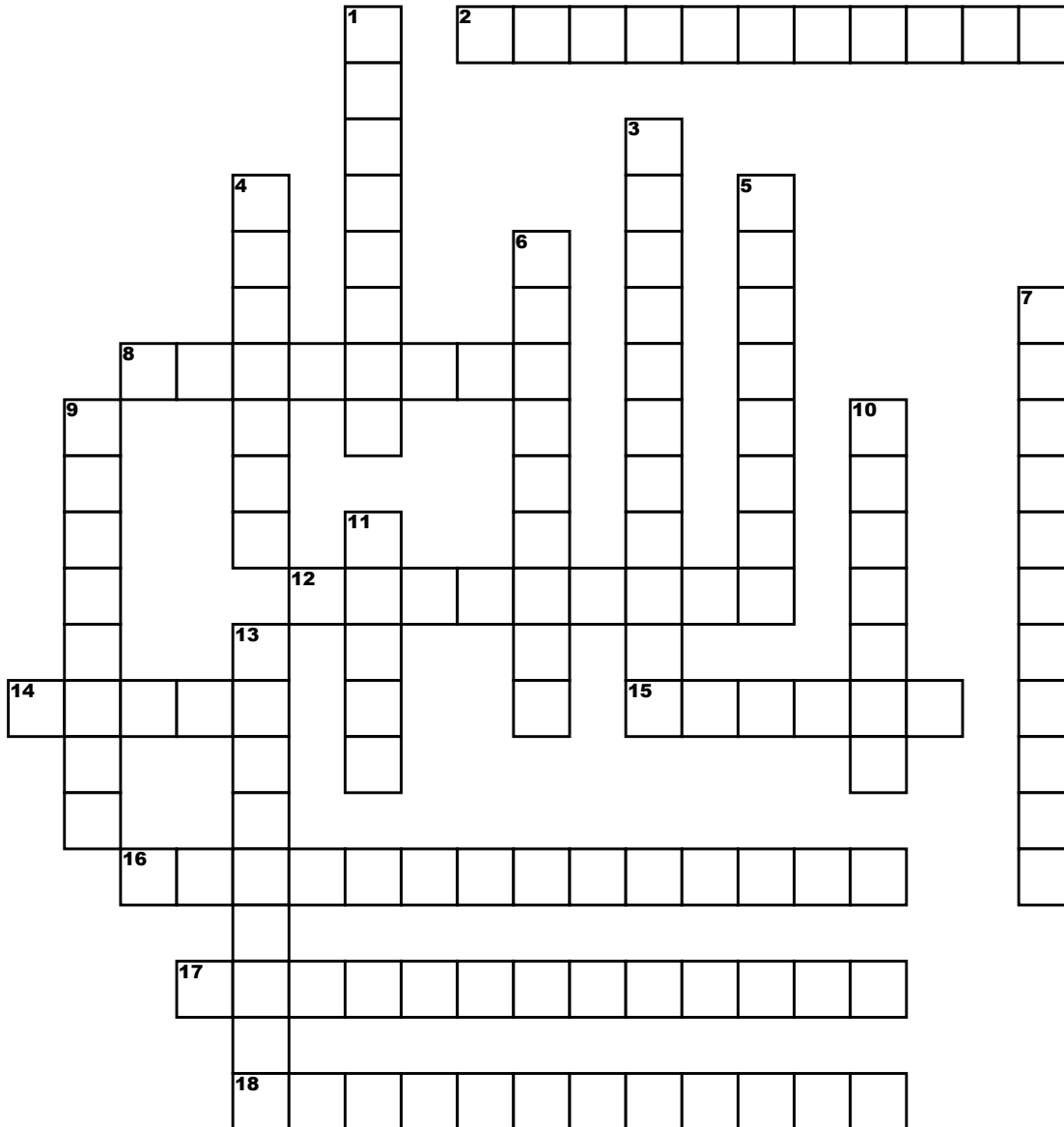


Name: _____

Date: _____

Nutritional Gameplay Crossword Puzzle



Across

- 2.** the amount of each food that you are supposed to eat
- 8.** sum of saturated and unsaturated fats in food
- 12.** a substance that provides nourishment essential for growth and the maintenance of life
- 14.** the indigestible portion of plants, often called "roughage"
- 15.** major mineral found in fluid surrounding cells
- 16.** fats liquid at room temperature and contain double bonds between carbons
- 17.** organic molecule with a basic ration of 1C: 2H: 1O. found as monomers and polymers

18. fats solid at room temperature and contain single bonds between carbons

Down

- 1.** chemical elements required by living organisms
- 3.** any of the foods or substances that are combined to make a particular dish
- 4.** an organic polymer made of amino acid sub-units
- 5.** an organic compound required in tiny amounts by an organism for normal growth and development
- 6.** the chemical element of atomic number 19, a soft silvery-white reactive metal of the alkali metal group

7. a fat with ringed molecular structure that is carried in blood as HDL and LDL particles

- 9.** the amount of energy required to raise the temperature of water by 1 degree C
- 10.** is added to bone by cells called osteoblasts and removed from bone by cells called osteoclasts
- 11.** saccharides that give food a sweet flavor and are quick sources of energy
- 13.** an unsaturated fatty acid that occurs in margarine and cooking oils as a result of the hydrogenation process