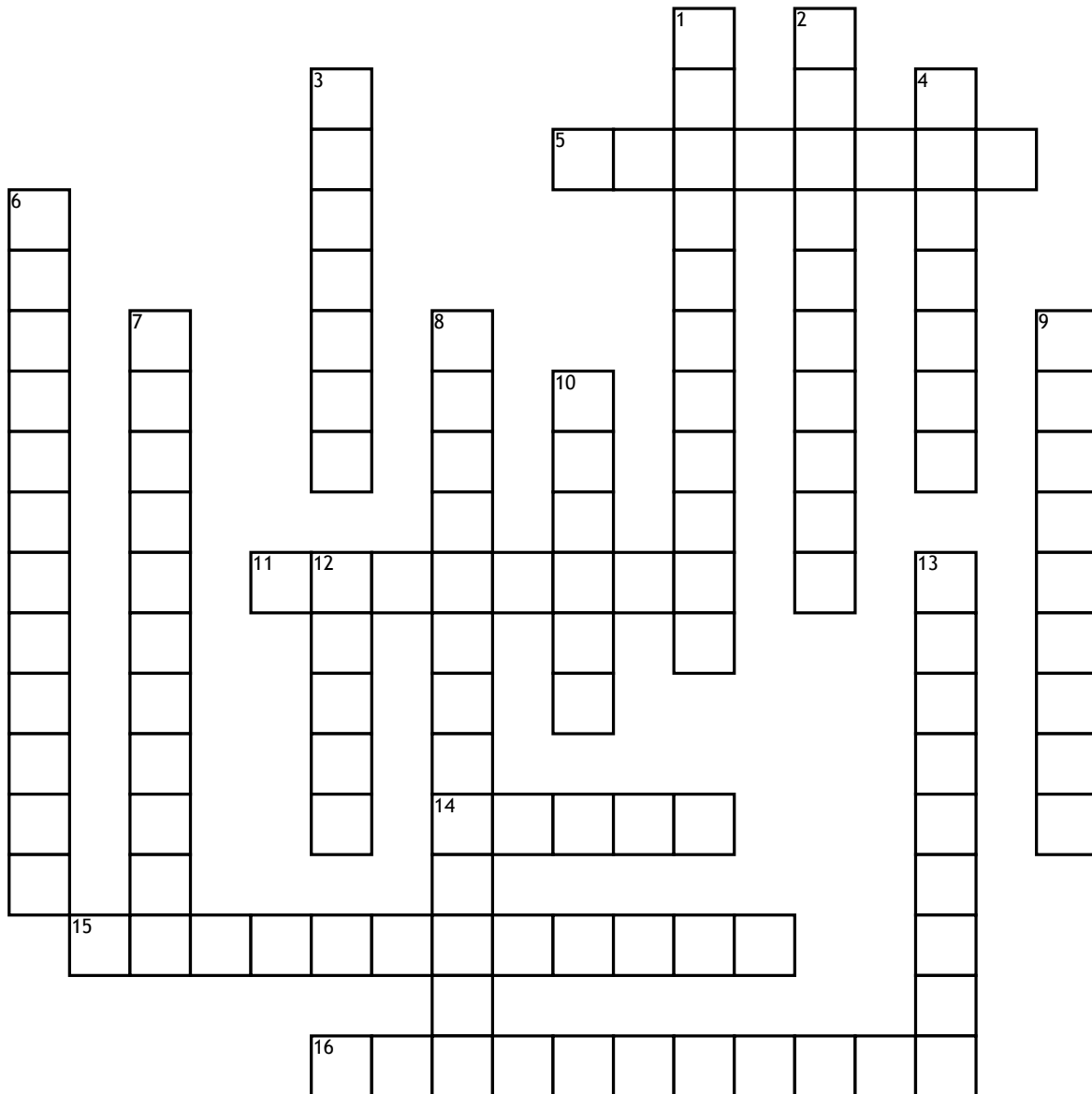


Personal Care Vocab



Across

- 5. inorganic substances that the body needs
- 11. a starch like substance stored in the liver and muscles until needed then it converts back to glucos
- 14. a special form of carbohydrate found in the tough, stringy part of vegetables, fruits and grains. IT CAN NOT BE DIGESTED
- 15. minerals that become charged when in solution
- 16. process that makes milk and juices safe for consumption

Down

- 1. substance that spoils or infects
- 2. the addition of nutrients that are not naturally present
- 3. A disorder involving excessive body fat that increases the risk of health problems
- 4. a simple sugar and the body's main fuel source
- 6. starches and sugars found in food
- 7. a fat like substance produced in the liver of all animals and therefore found only in animal products

- 8. nutrients that were lost during food processing have been added back
- 9. the body's process of taking in and using food
- 10. a natural drive that protects you from starvation (not based on desire)
- 12. a fatty substance that does not dissolve in water
- 13. substances that make up body proteins. The body can make all but nine of the 20 different amino acids