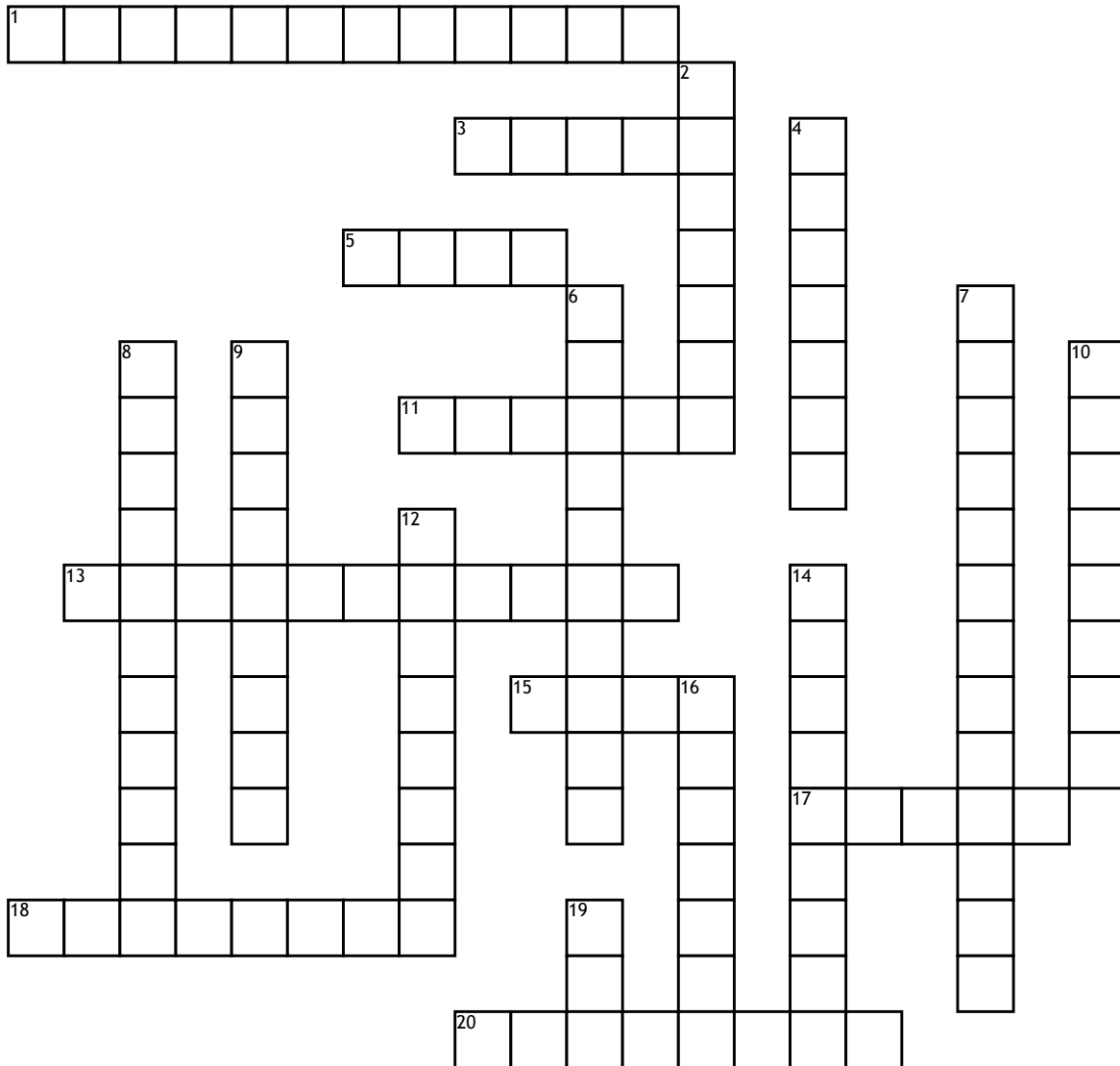


Name: _____

Date: _____

nutrition



Across

1. "unhealthy" fat you're best off limiting as it can raise your cholesterol and your risk of heart disease
3. a carb found in plants best known for supporting healthy digestion
5. what a person eats in a day
11. a mixture of two proteins found in wheat: rye and barley
13. a condition that happens when you do not take in enough liquids
15. a mineral that also supports your body's immune system, wound healing, cell growth and the breakdown of carbs

17. a sweet white substance

18. A unit of energy in food
20. a letter is in front of this word (K,A,C, and D)

Down

2. to help build and repair your muscles as well as your bones and skin
4. to describe an overweight person
6. the process your body undergoes to transform the food you eat into energy you can use
7. one of the main nutrients your body uses for energy
8. a fat-like substance your body makes and uses to create vitamin D, hormones and substances that help you digest foods
9. a condition that happens when you do not take in enough liquids
10. your body doesn't make enough insulin or use enough of the insulin it makes to help your cells transform glucose into energy.
12. a unit that reflects how much energy your body gets from food and drinks
14. when your body breaks down food
16. found in dairy products such as milk
19. a major storage form of energy and is used as a fuel