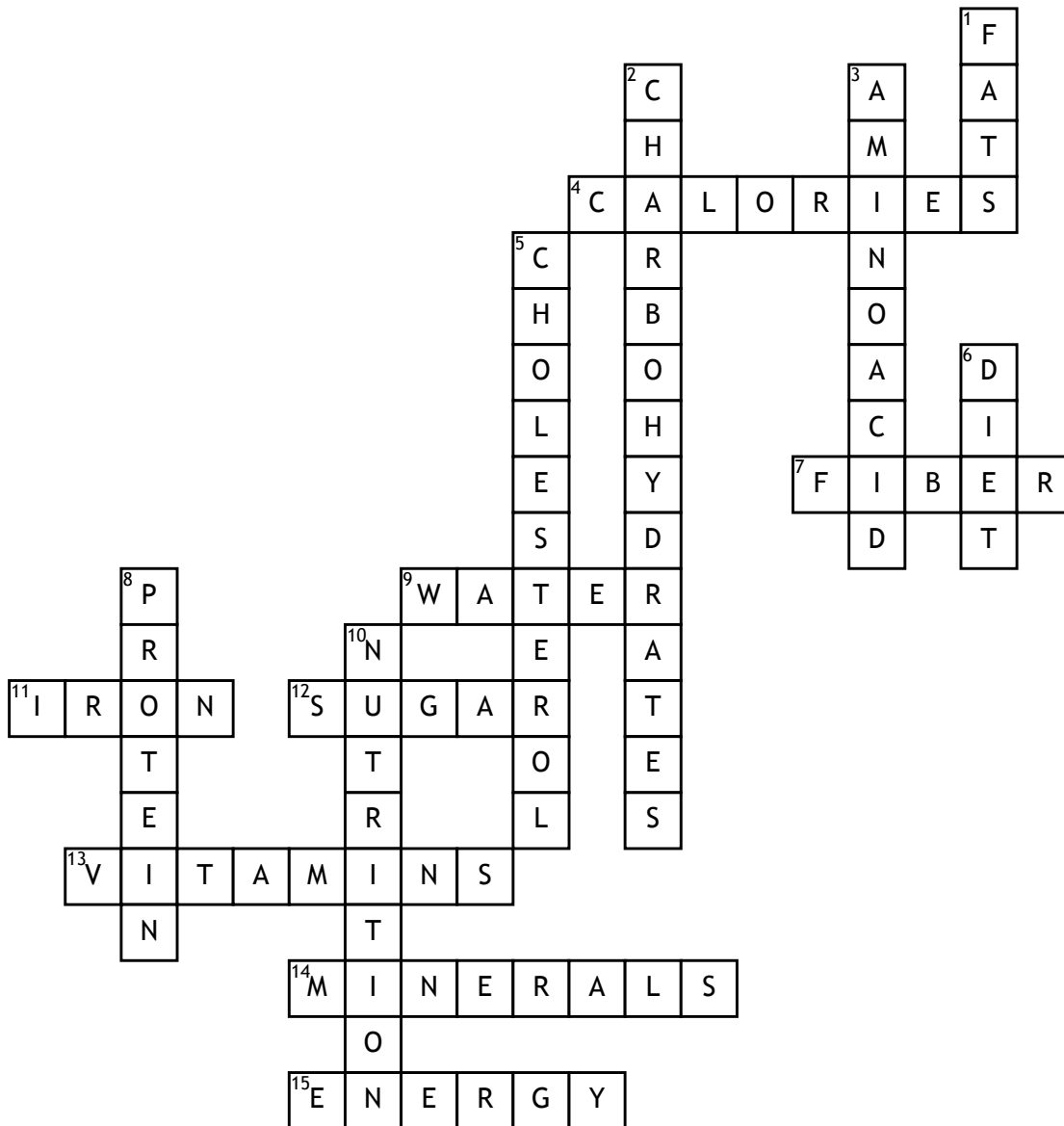


Name: _____

Date: _____

Nutrition



Across

4. are units of energy
 7. is the indigestible portion of food derived from plants
 9. a colorless, transparent, odorless, tasteless liquid that forms the seas, lakes, rivers, and rain and is the basis of the fluids of living organisms
 11. is a mineral that is naturally present in many foods
 12. is the generalized name for sweet, short-chain, soluble carbohydrates, many of which are used in food

13. are organic components in food that are needed in very small amounts for growth and for maintaining good health
 14. is a naturally occurring substance, representable by a chemical formula
 15. the strength and vitality required for sustained physical or mental activity

Down

1. is one of the three main macronutrients
 2. foods composed of starches, sugar and/or fiber

3. are the building blocks of protein.

5. is a fat-like substance in the body

6. is the sum of food consumed by a person

8. is found throughout the body—in muscle, bone, skin, hair, and virtually every other body part or tissue.

10. is the study of food and how it works in your body.