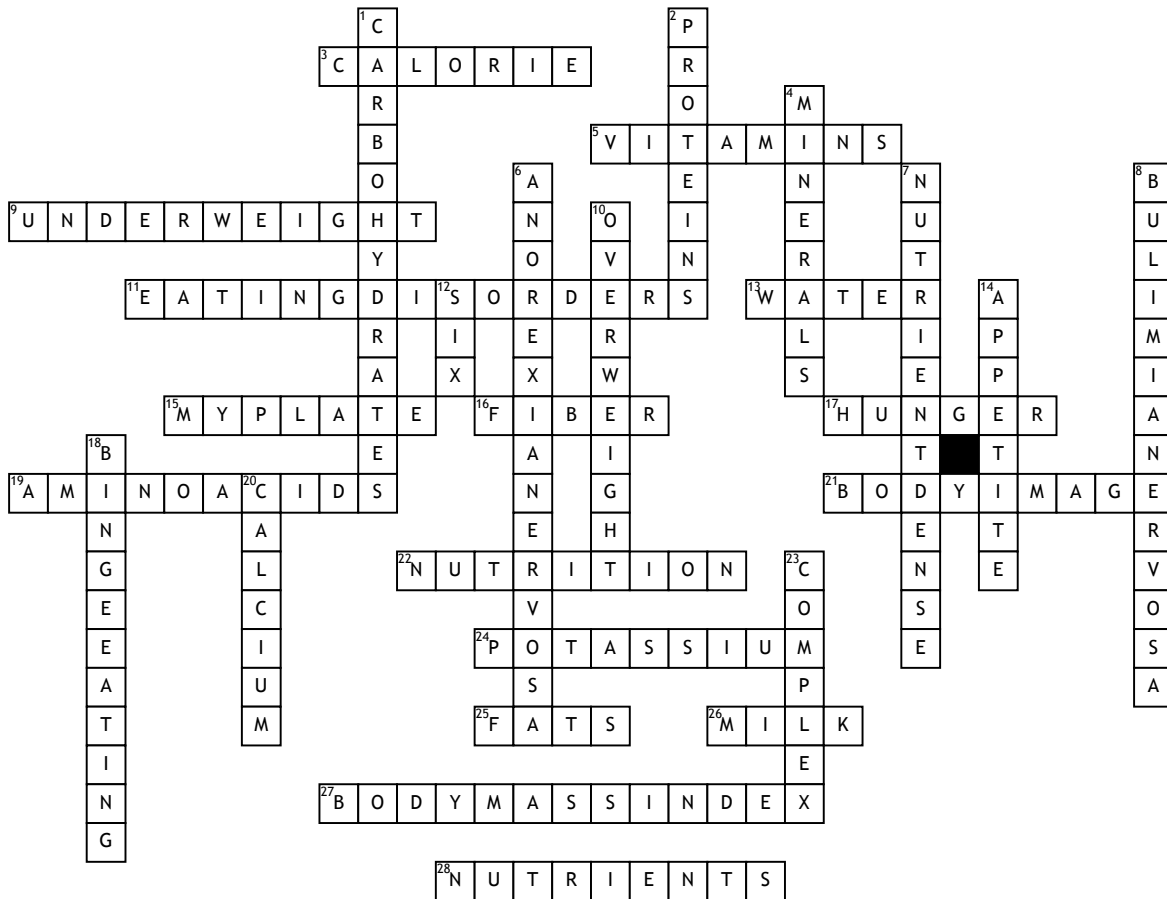


Name: _____

Date: _____

Nutrition/Chapter 9



Across

3. a unit of heat that measures the energy available in food
 5. compounds that help to regulate body functions
 9. weighing less than is healthy for a person of your gender, height, age, and body type
 11. extreme eating behaviors that can lead to serious illness or death
 13. essential to every body function you have
 15. visual reminder to help consumers make healthful food choices
 16. tough, stringy part of raw fruits, raw vegetables, and whole wheat
 17. the body's physical need for food
 19. small units that make up protein
 21. the way you see your body

22. the study of nutrients and how the body uses them

24. helps maintain your body's fluid balance

25. nutrients that promote normal growth, give you energy, and keep your skin healthy

26. teens need three cups of what per day to meet their nutrient needs

27. method for assessing your body size based on your height and weight

28. substances in food that your body needs to function

Down

1. the starches and sugars found in foods

2. the nutrients used to build and repair cells

4. elements in foods that help your body work properly

6. eating disorder in which a strong fear of weight gain leads people to starve themselves on purpose

7. have a high amount of nutrients relative to their number of calories

8. an eating disorder in which a person repeatedly eats large amounts of food and then purges

10. weighing more than is healthy for a person of your gender, height, age, and body type

12. how many categories of nutrients are there

14. the emotional desire for food

18. a disorder in which a person repeatedly eats too much food at one time

20. helps build strong bones and teeth

23. what type of carbohydrates are starches?