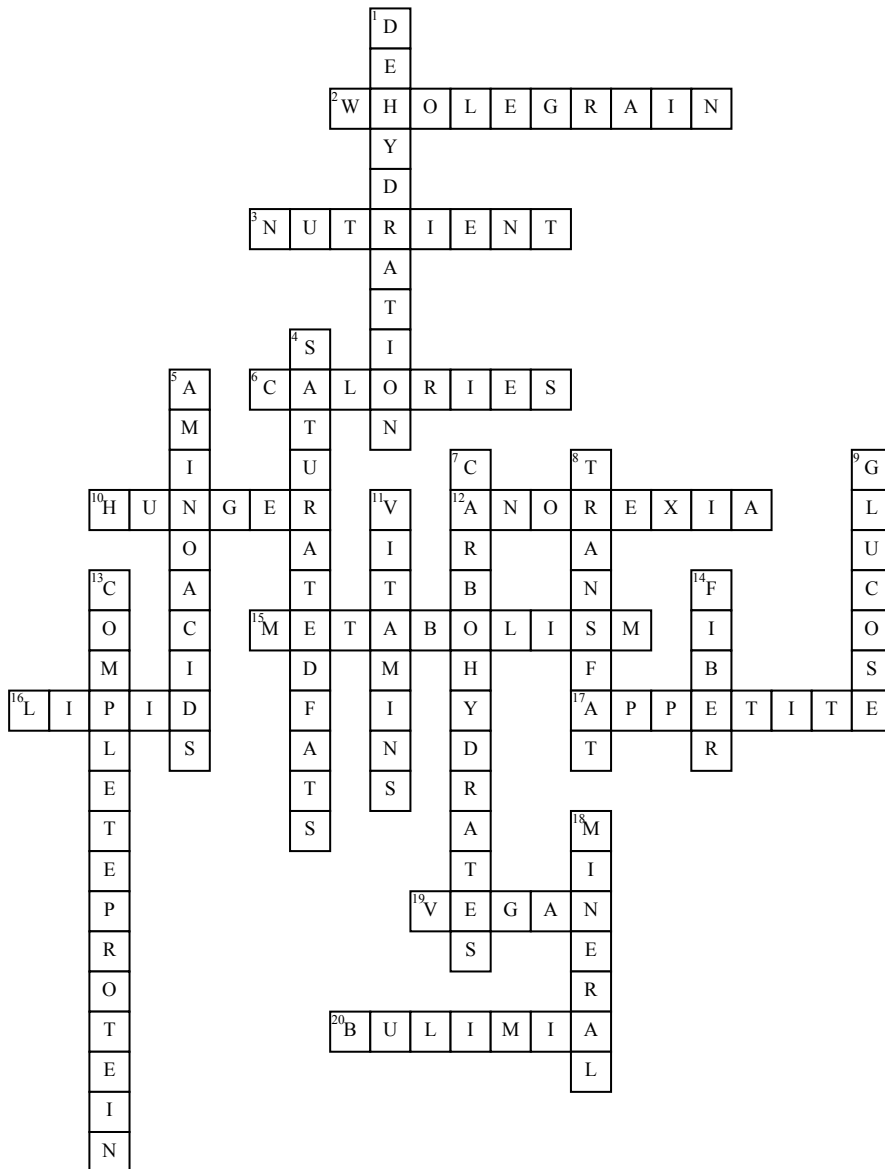


# Extra Credit



## Across

2. Products that have not been refined and are high in fiber
3. You need it for your body to grow, to repair itself, and supply you with energy.
6. Energy that foods supply to the body
10. Physical drive that prevents you from starving
12. Fear of gaining weight
15. Where your body gets energy from

16. Another word for "Fat"

17. Desire to eat

19. Someone who doesn't eat anything that comes from an animal

20. Purge up large amounts of food

## Down

1. Not enough water in body

4. Type of fat that is a solid at room temperature

5. Building blocks of protein

7. Sugars and Starches

8. Result of the hydrogenation process of a lipid

9. A simple carbohydrate: also our blood sugar

11. No calories=no energy

13. Contain all 9 amino acids; Found in animal

14. Indigestible complex carbohydrate

18. Substances from environment