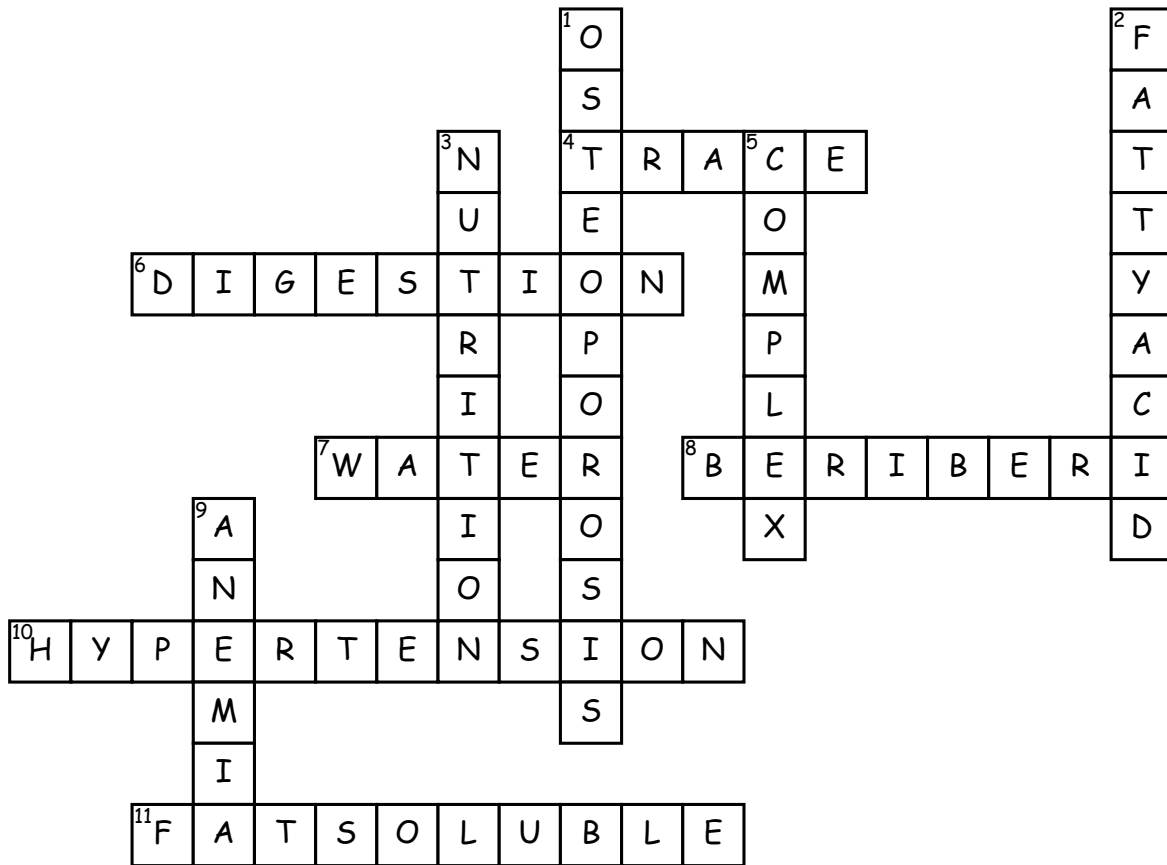


Name: _____

Date: _____

Chapter 2: Nutritional Needs Crossword



Across

4. A mineral, such as iron or iodine, that is needed in the diet in amounts of less than 10 milligrams per day is called a(n) _____ element.
6. The bodily process of breaking food down into simpler compounds the body can use.
7. A nutrient required by the body to lubricate the joints and body cells and help regulate body temperature.
8. A disease of the nervous system resulting in a thiamin deficiency.
10. High blood pressure
11. A vitamin that dissolves in fats and can be stored in the fatty tissues of the body.

Down

1. A condition resulting from a calcium deficiency, which is characterized by porous, brittle bones.
2. A chemical chain that contains carbon, hydrogen, and oxygen atoms.
3. The study of how the body uses the nutrient in food
5. Starches and fiber are often called _____ carbohydrates.
9. A condition resulting from deficiencies of various nutrients, which is characterized by a reduced number of red blood cells in the bloodstream.