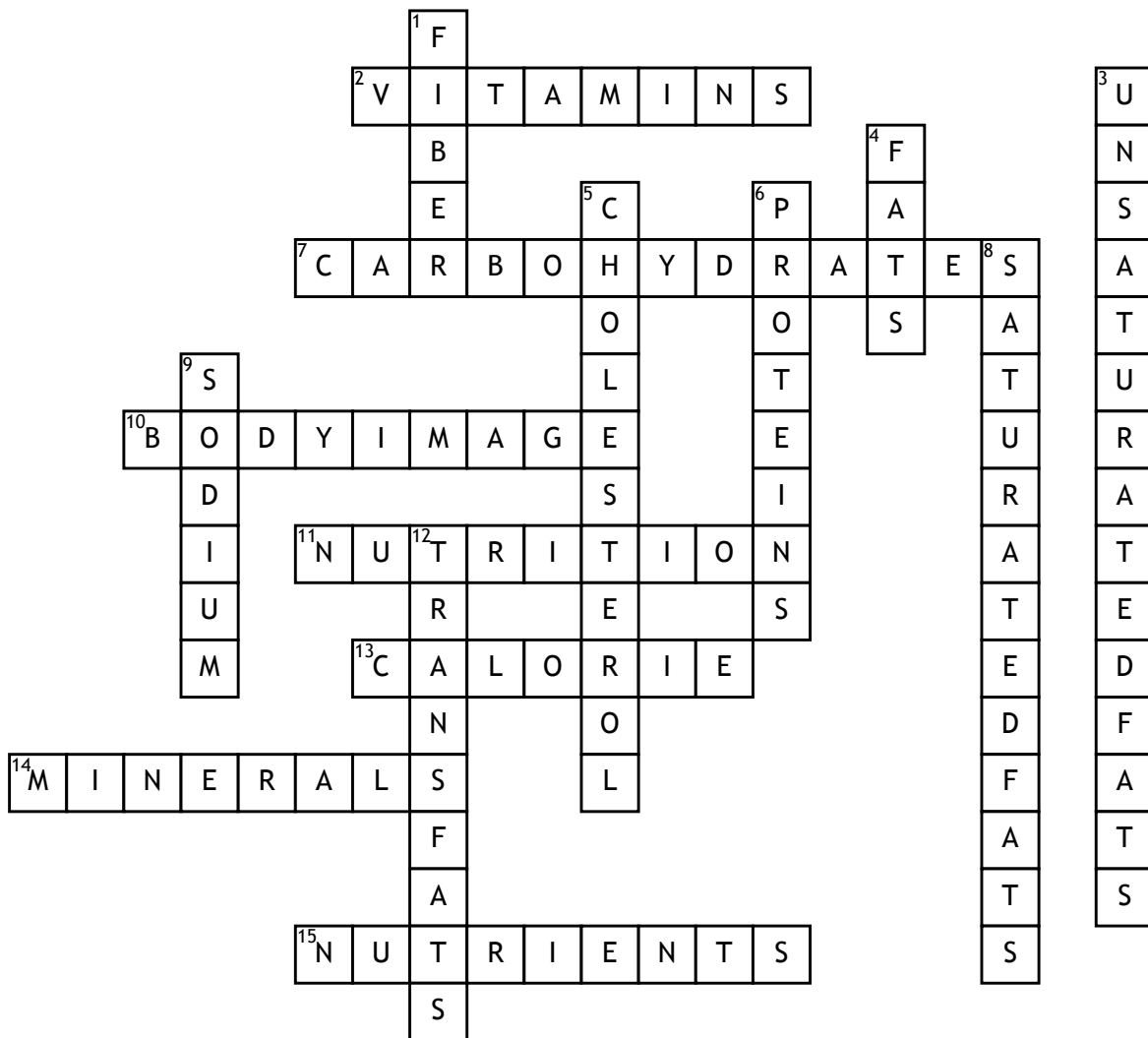


Nutrition Vocabulary Review



Across

2. nutrients that help regulate body functions

7. sugars and starches contained in foods

10. how you view your body

11. the process of taking in food and using it for energy, growth, and good health

13. a unit of heat that measures the energy available in foods

14. elements in foods that help your body work properly

15. Substances in food that your body needs to carry out its normal functions

Down

1. the tough, stringy part of raw fruits, raw vegetables, whole wheat, and other whole grains.

3. fats that are usually liquid at room temperature

4. Nutrients found in fatty animal tissue and plant oils

5. waxy chemical our bodies produce and need in small amounts

6. nutrients that provide the building blocks your body needs for growth.

8. fats found in many animal products such as butter, meat, and cheese.

9. a mineral that helps control the amount of fluid in your body.

12. start off as oils and are made solid through processing