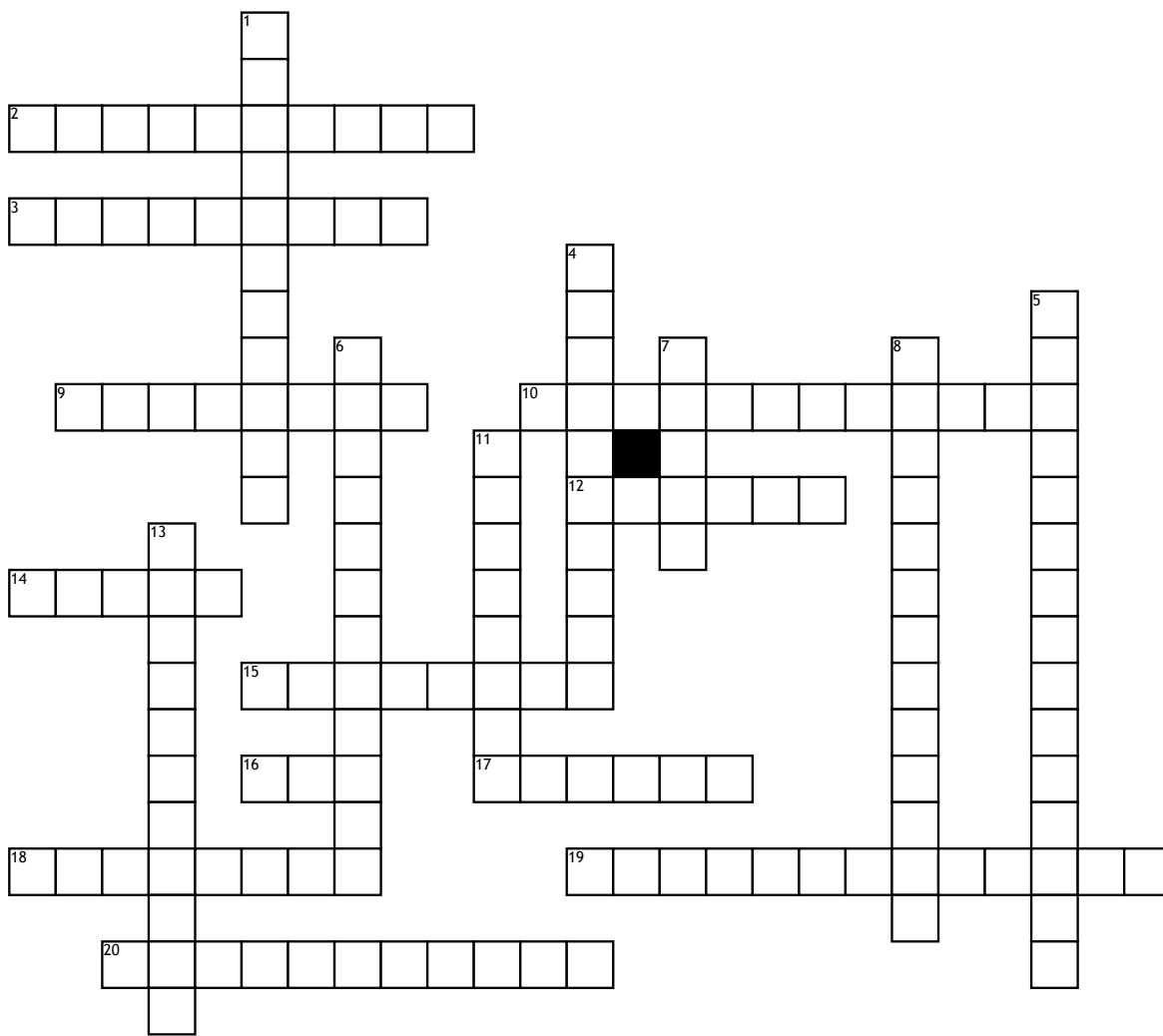


Name: _____ Date: _____ Period: _____

Nutrition Chapter 8



Across

2. A chemical process by which your body breaks down food to release energy.
3. Substances that the body needs to regulate bodily functions, promote growth, repair body tissues, obtain energy.
9. Occur naturally in rocks and soil.
10. Help protect healthy cells from the damage caused by the normal aging process.
12. A condition in which the red blood cells do not contain enough hemoglobin.
14. Your body is about 65% made up of this nutrient.

15. Energy measured in units.
16. Supplies the body with energy, forms your cells, maintain body temperature.
17. Helps maintain water balance; nerve function.
18. They play a large role in the growth and repair of your body's tissues.
19. Are solid at room temperature.
20. The process of maintaining a steady state inside your body.

Down

1. A waxy, fatlike substance found only in animal products.
4. The proteins in your body are made up of these.

5. Are liquid at room temperature.
6. These are contained water that regulate many processes in your cells.
7. A type of complex carbohydrate that is found in plants.
8. Nutrients made of carbon, hydrogen, and oxygen.
11. Helps the body with various processes, including the use of other nutrients.
13. A serious reduction in the body's water content.