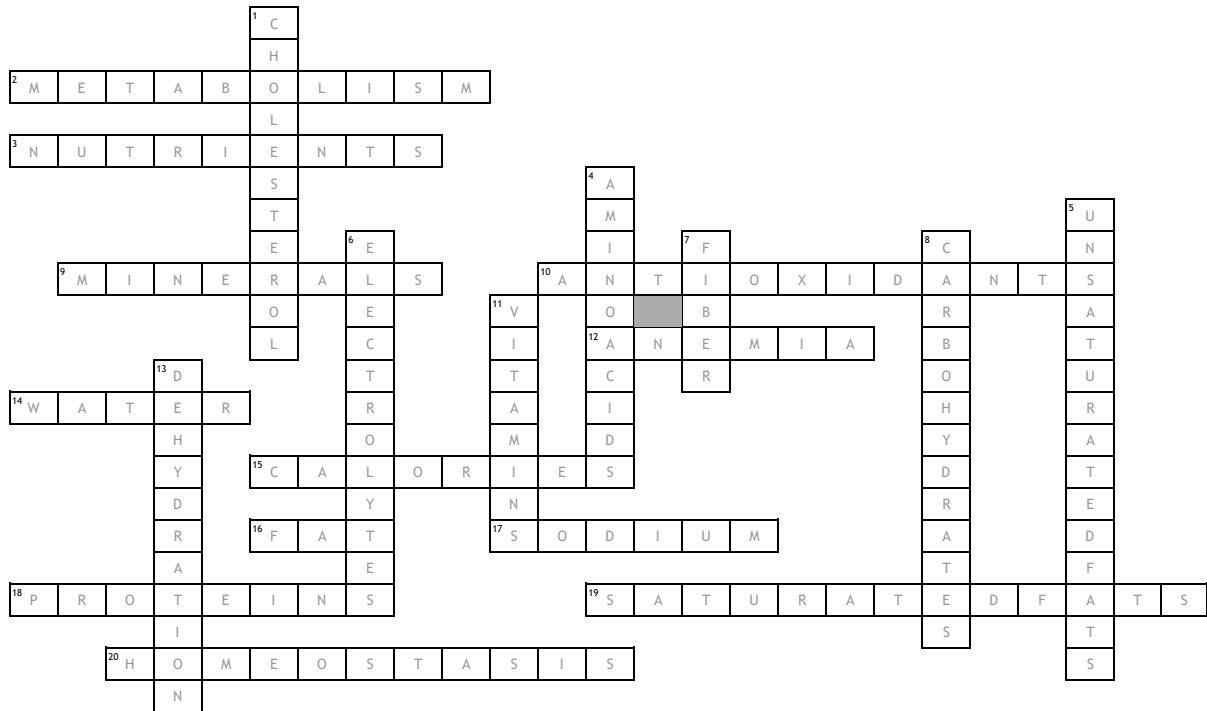


# Nutrition Chapter 8



## Across

- A chemical process by which your body breaks down food to release energy.
- Substances that the body needs to regulate bodily functions, promote growth, repair body tissues, obtain energy.
- Occur naturally in rocks and soil.
- Help protect healthy cells from the damage caused by the normal aging process.
- A condition in which the red blood cells do not contain enough hemoglobin.
- Your body is about 65% made up of this nutrient.
- Energy measured in units.
- Supplies the body with energy, forms your cells, maintain body temperature.
- Helps maintain water balance; nerve function.
- They play a large role in the growth and repair of your body's tissues.
- Are solid at room temperature.
- The process of maintaining a steady state inside your body.

## Down

- A waxy, fatlike substance found only in animal products.
- The proteins in your body are made up of these.
- Are liquid at room temperature.
- These are contained water that regulate many processes in your cells.
- A type of complex carbohydrate that is found in plants.
- Nutrients made of carbon, hydrogen, and oxygen.
- Helps the body with various processes, including the use of other nutrients.
- A serious reduction in the body's water content.