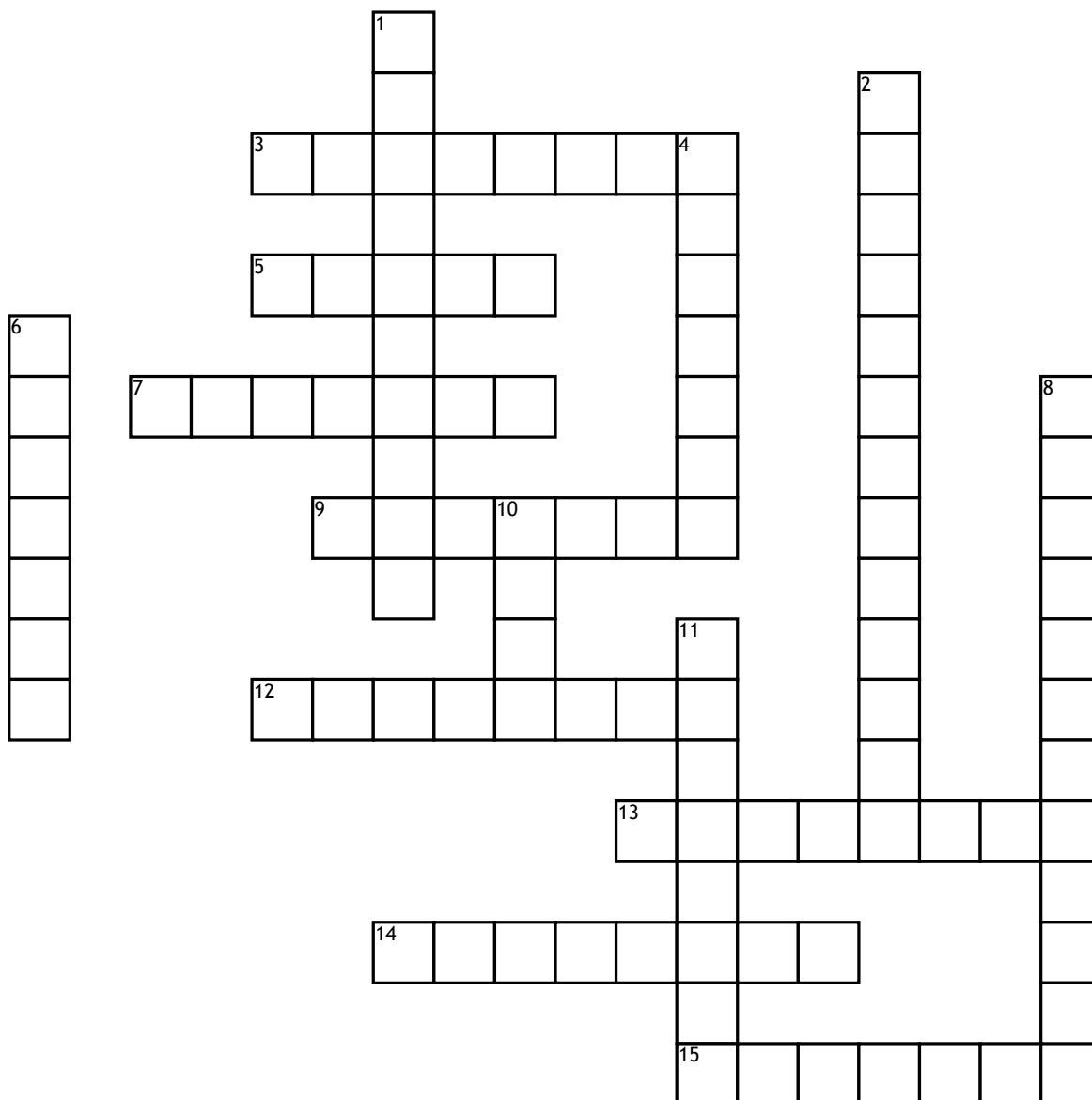


Name: _____

Date: _____

Chapter 9: Nutrition



Across

3. Inorganic micronutrients.

5. One of the 4 components of a healthy diet that can be consumed as a drink.

7. A sugar that be found in vegetables and honey.

9. A stimulant that speeds up your central nervous system.

12. Processed fat that is very unhealthy.

13. A natural compound created from three amino acids which helps with producing energy for the body.

14. Organic micronutrients.

15. Found in grain products and are an example of complex carbohydrates.

Down

1. _____ foods are foods that contain antioxidants and can help reduce risk of chronic disease.

2. One of the 4 components of a healthy diet (includes proteins and fats).

4. A sugar that can be found in baked goods and candy.

6. Starches are an example of _____ carbohydrates

8. Having high _____ can cause heart disease.

10. An important part of a person's diet and can be a source of useable energy.

11. Drugs that duplicate the function of testosterone