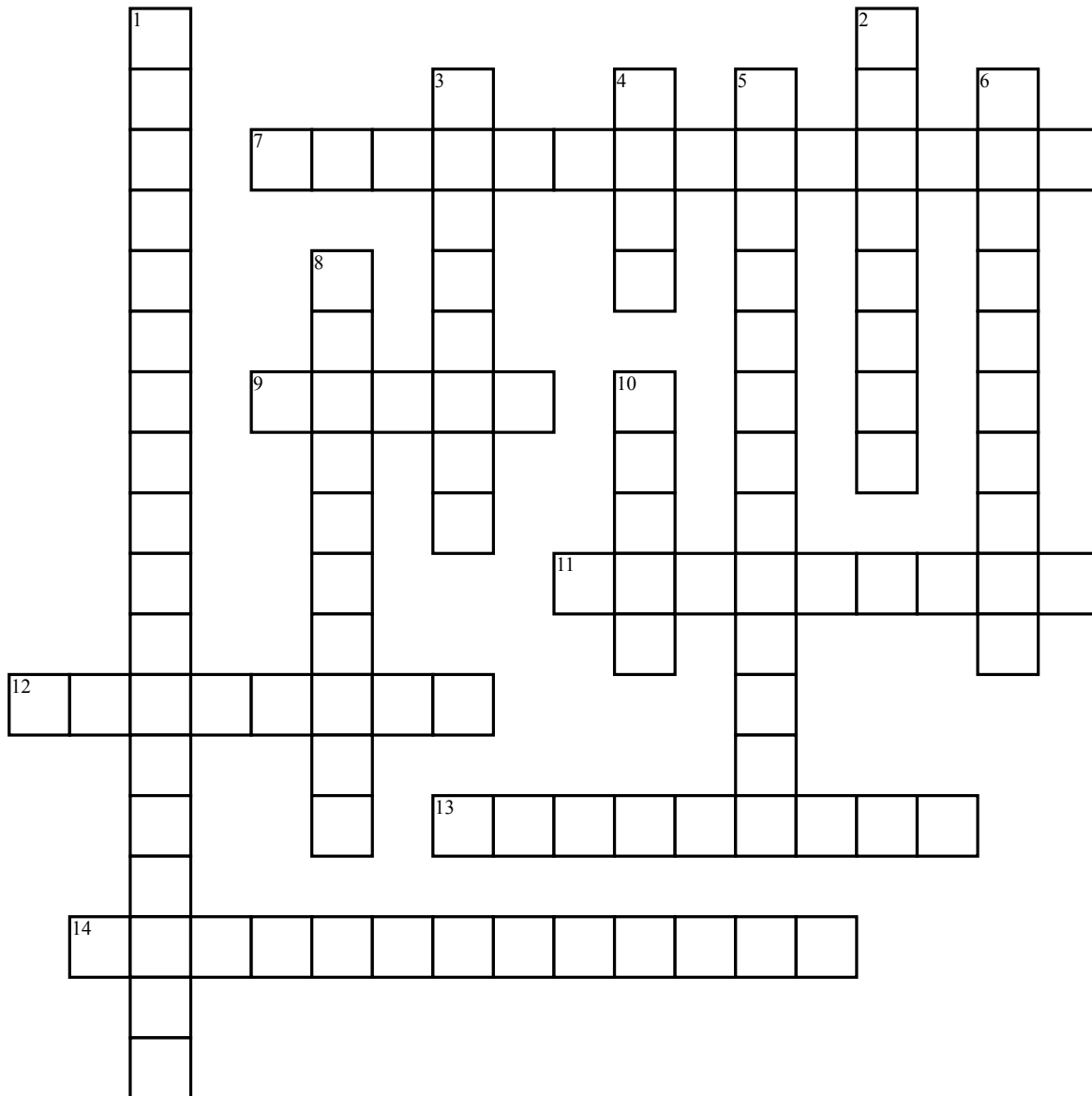


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# Food and Nutrition



## Across

7. The Nutrition Label helps you determine the amount of calories and nutrients in one serving of food.

9. A fatty substance that does not dissolve in water.

11. The long stiff fibers that make up the walls of plant cells which are made of long chains of glucose (sugar) molecules linked together.

12. Units of heat that measure the energy used by the body and the energy that foods supply to the body.

13. Substances in food that your body needs to grow, to repair itself, and to supply you with energy.

14. The starches and sugars present in foods which are made up of carbon, oxygen, and hydrogen, which are used to store energy for the body.

## Down

1. The amount of energy required by the body to maintain minimum essential life functions.

2. Special carbohydrates that are found in foods like rice, wheat, corn, potatoes, and peas.

3. Nutrients that help build and maintain body cells and tissues which are made of long chains of molecules called amino acids.

4. The kinds and amounts of food and drinks a person usually consumes (eats & drinks).

5. When the amount of calories you consume is EQUAL to the amount of energy calories your body uses during activity during a day.

6. The total of all the chemical reactions an organism needs to survive. The process of chemical digestion and its related reactions.

8. Specific chemical compounds which are the building blocks of proteins.

10. An indigestible complex carbohydrate that is found in the tough, stringy parts of vegetables, fruits, and whole grains.