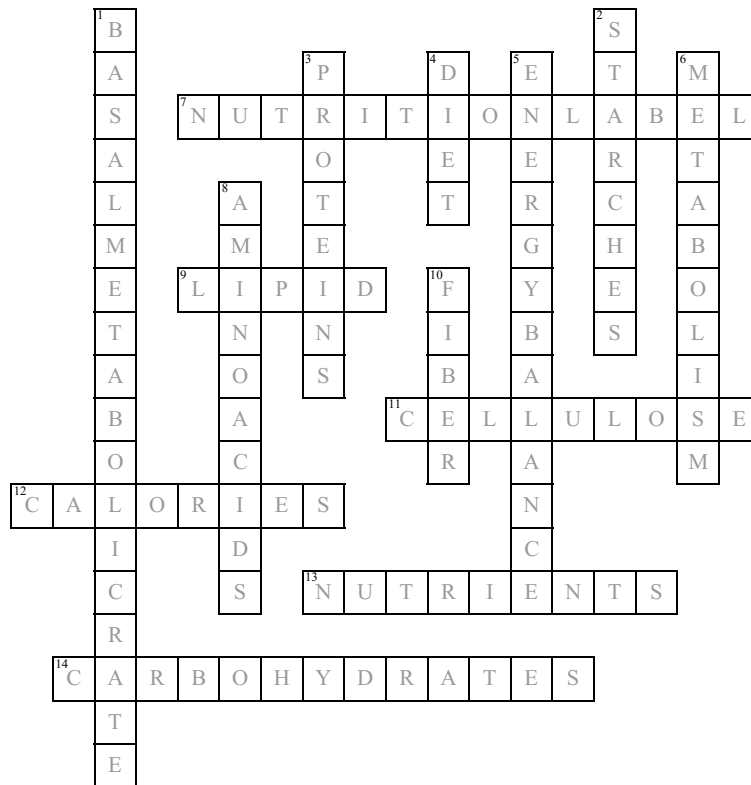


# Food and Nutrition



## 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.