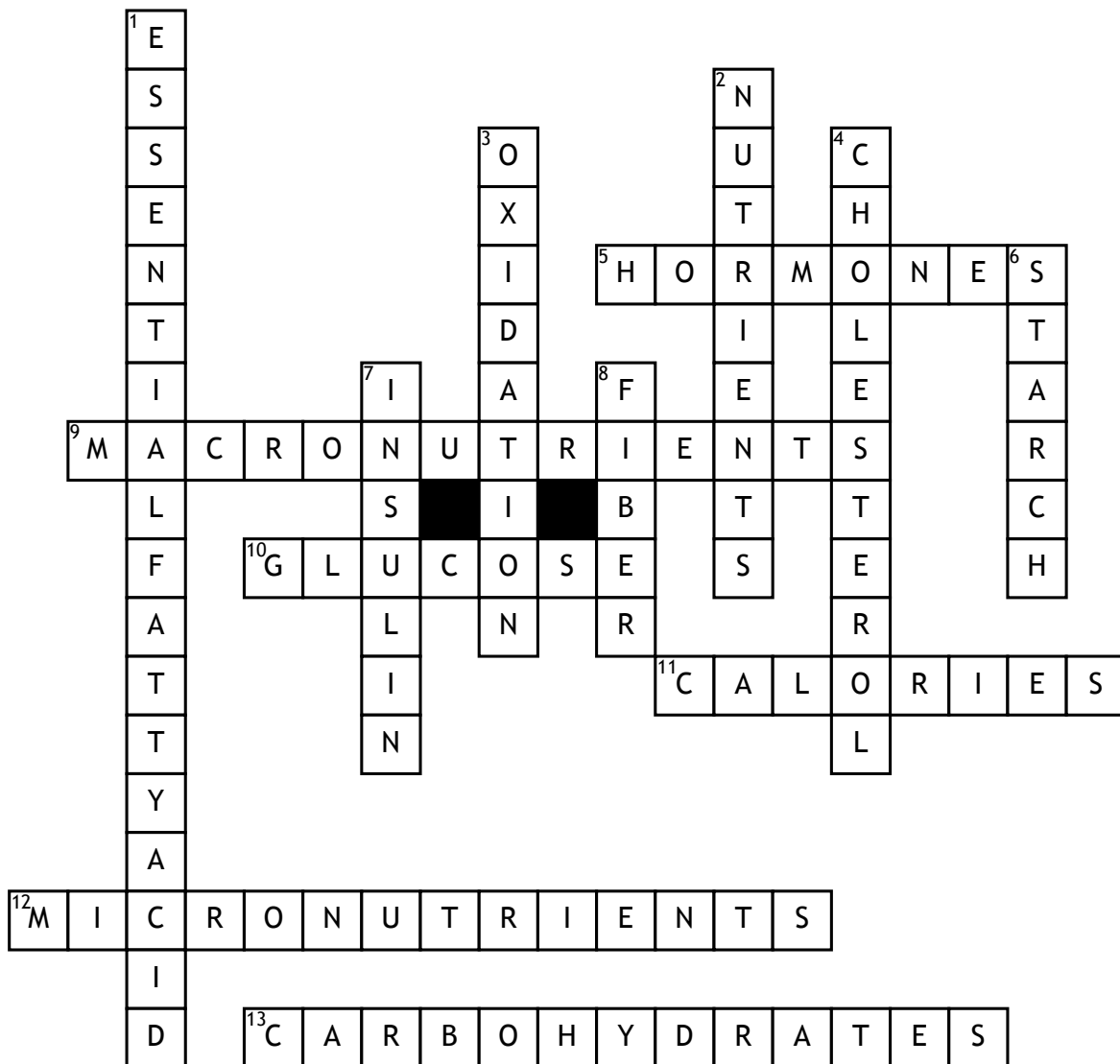


Name: _____

Date: _____

Nutrition



Across

5. Special messengers that regulate many different body functions

9. the body needs these in large quantities

10. A very important simple sugar

11. Energy released by some nutrients is measured in?

12. the body only needs small amounts of vitamins and minerals

13. The body's main energy source

Down

1. Fat is an essential nutrient that supplies chemicals called?

2. What are chemicals in food that the body needs to work properly?

3. A chemical process that causes unsaturated fats to spoil

4. A white waxy substance that helps the body carry out its many processes

6. One major complex carbohydrate

7. This hormone is responsible for the digestion process

8. One more complex carbohydrate