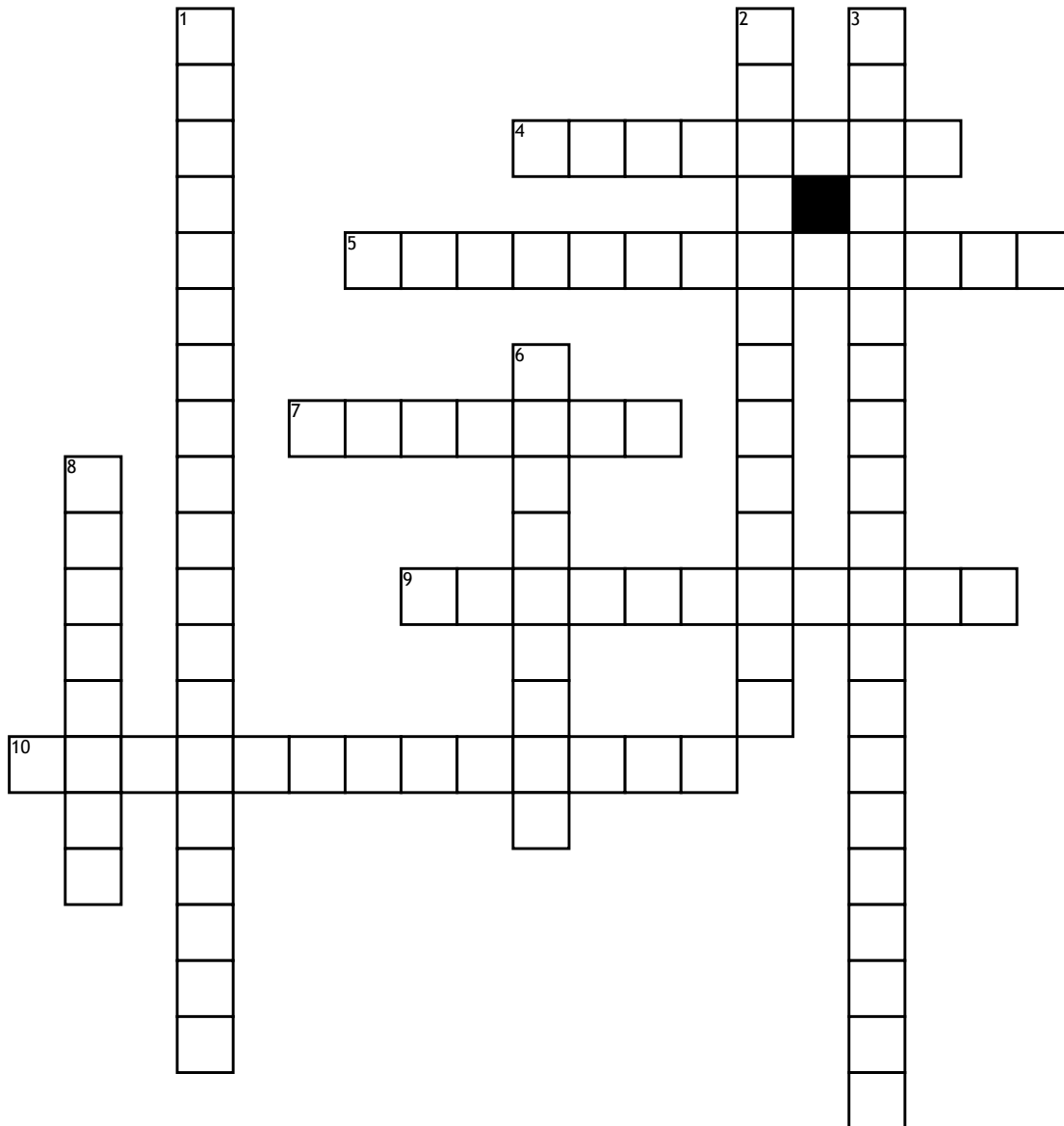


Name: _____

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Basics of Nutrition



Across

- 4. A measure of heat units; measures food energy for the body
- 5. also called vitamin P; considered an aid to healthy skin and found most abundantly in citrus fruits
- 7. catalysts that break down complex food molecules to utilize extracted energy
- 9. a waxy substance found in your body that is needed to produce hormones, vitamin D, and bile
- 10. sugars made up of two simple sugars such as lactose and sucrose

Down

- 1. carbohydrate-lipid complexes that are also good water-binders
- 2. compounds that break down the basic chemical sugars and supply energy for the body
- 3. the substance that provides energy to cells and converts oxygen to carbon dioxide, a waste product we breathe out
- 6. organic acids that form the building blocks of protein
- 8. found in Pumpkin and sesame seeds