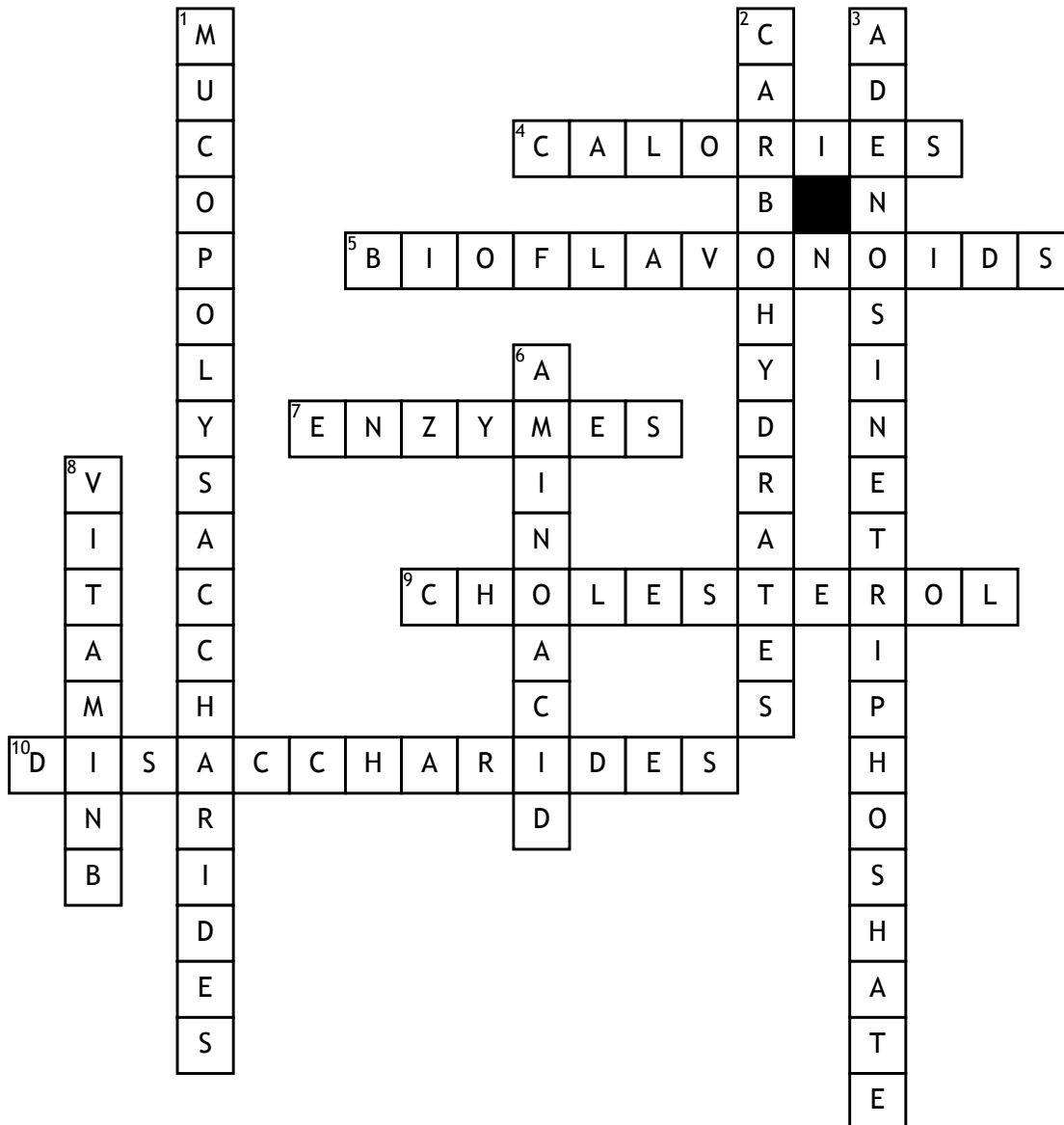


Name: _____

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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