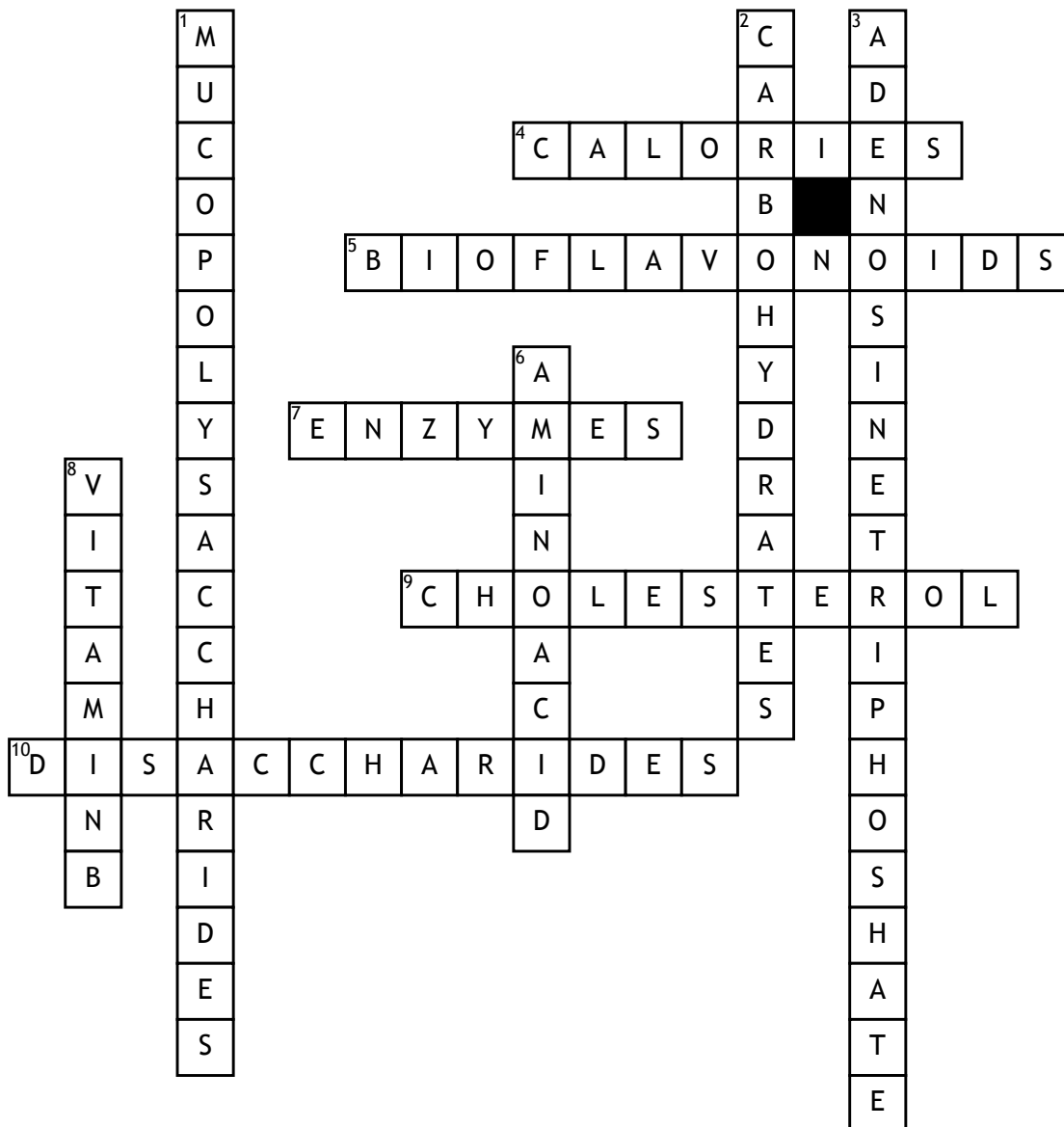


# Basics of Nutrition



## Across

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

## Down

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