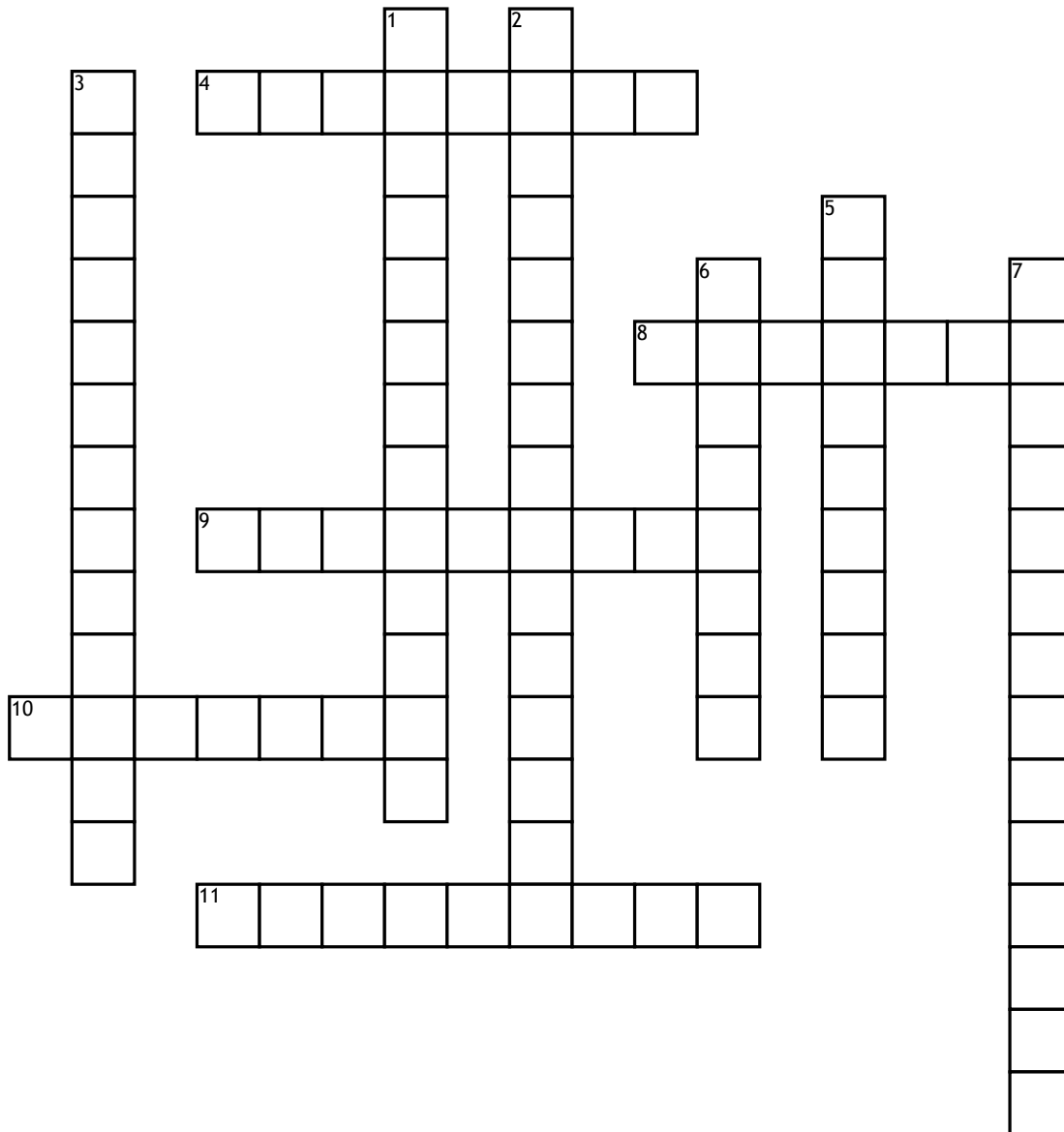


Name: _____

Date: _____

Nutrition Vocabulary



Across

4. An essential nutrient for the body
 8. commonly found in meats, and nuts
 9. essential substance that your body needs to grow
 10. A unit of heat measuring energy in food
 11. how you view yourself

Down

1. Found in beans, milk, and bread.

2. body system that breaks down food into nutrients for the body
 3. A type of fat that is solid at room temperature
 5. the process of taking in food and using it
 6. also known as fatty acids is an unhealthy substance
 7. A fat that is liquid at room temperature