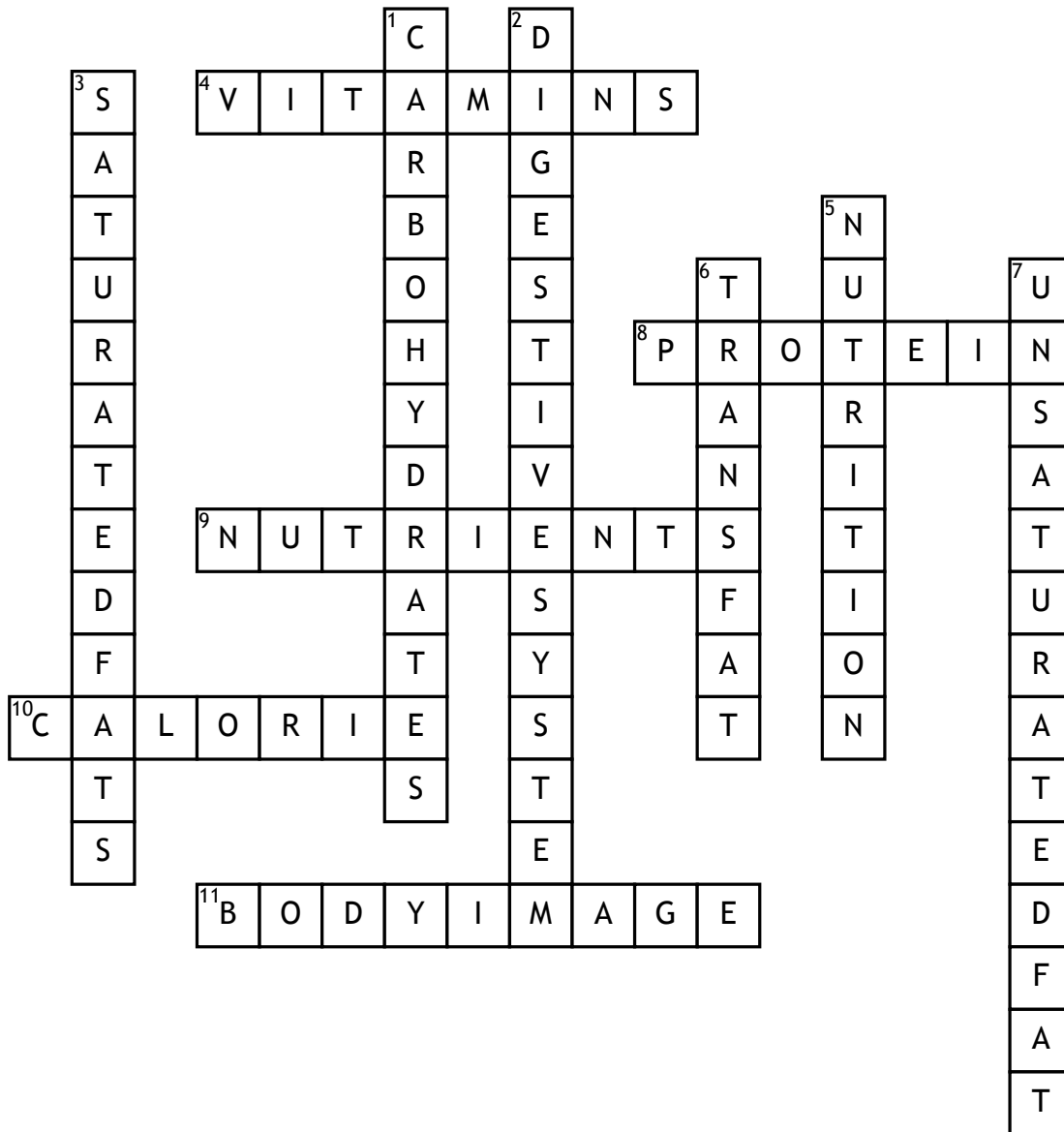


Name: \_\_\_\_\_

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