Name:	Date:	
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## **Nutrition Vocabulary**

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## **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

## <u>Down</u>

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