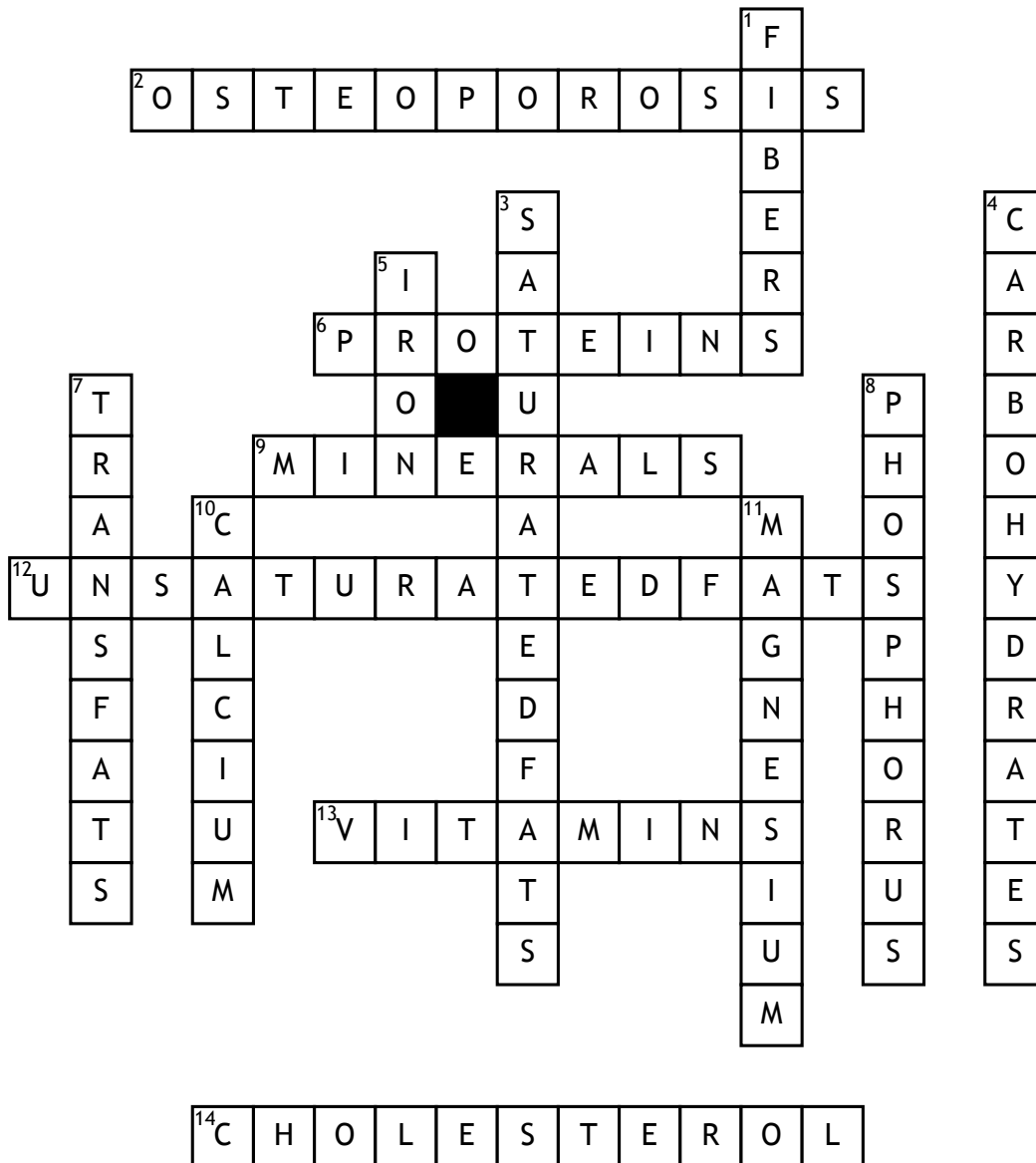


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Chapter 10, lesson 2



## Across

2. A condition where the bones become fragile and break easily.

6. Nutrients the body uses to build and maintain cells and tissues.

9. Elements found in food that are used by the body.

12. Moderate amounts may lower your risk of heart disease.

13. Something that helps regulates many body processes.

14. Waxy, fat like substance. In your blood it can build up on the insides of the arteries.

## Down

1. A carbohydrate that the body cannot digest.

3. Consuming too much of this may increase your risk of heart disease.

4. Body's main source of energy.

5. Part of a compound in the red blood cells needed for carrying oxygen.

7. Can raise your total blood cholesterol level.

8. This mineral is in foods like dairy products, meat, and eggs.

10. Forms bones and teeth.

11. Sustains regular heartbeat, aids in bone growth and energy production.