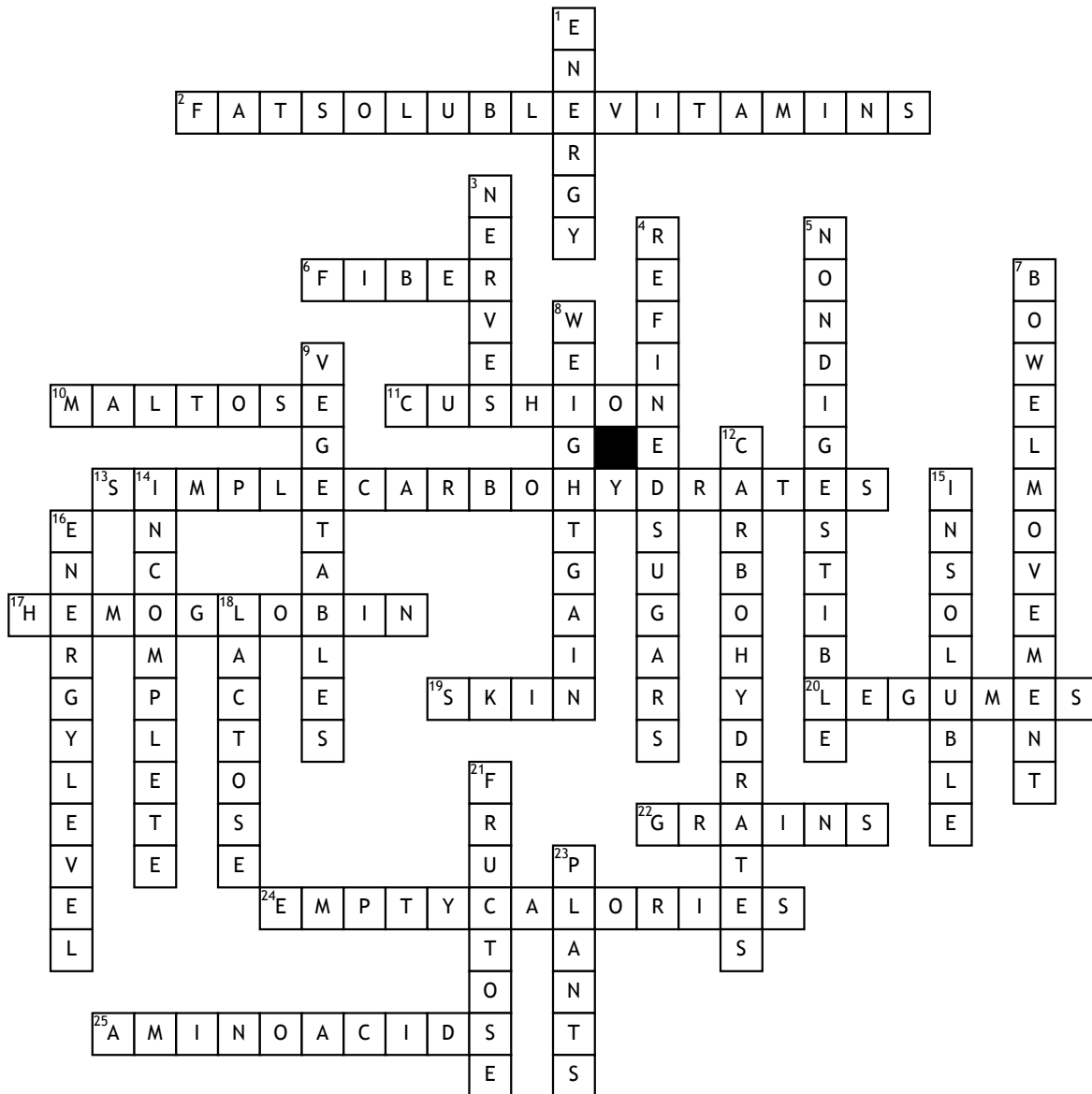


# Food and Nutrition Basics



## Across

2. carries vitamins A,D,E and K in the body  
 6. complex carbohydrates are broken down into two subcategories starches and  
 10. that occur naturally in grains  
 11. around vital organs such as the heart and liver  
 13. complex carbohydrates are made up of large molecules of  
 17. your body needs iron to build  
 19. that promotes healthy and normal cell growth  
 20. such as peas and lentils

22. in the form of rice,paste,and bread products

24. eating foods that are high in refined sugars  
 25. proteins are made of chains of chemical building blocks

## Down

1. that provides for the body heat and  
 3. helps form the protective coverings around  
 4. are extracted from plants and used to sweeten foods  
 5. fiber consist of plant material  
 7. this bulk helps to move food through the large intestine,promoting regular

8. consuming large amount of these foods can lead to

9. such as potatoes and corns that can be found in starches

12. main source of energy

14. there are types of proteins complete and

15. there are two kinds of dietary soluble and

16. that leads to sugar highs and lows

18. that occur naturally in milk

21. sugar the occurs naturally in fruits

23. the main source of carbohydrates is