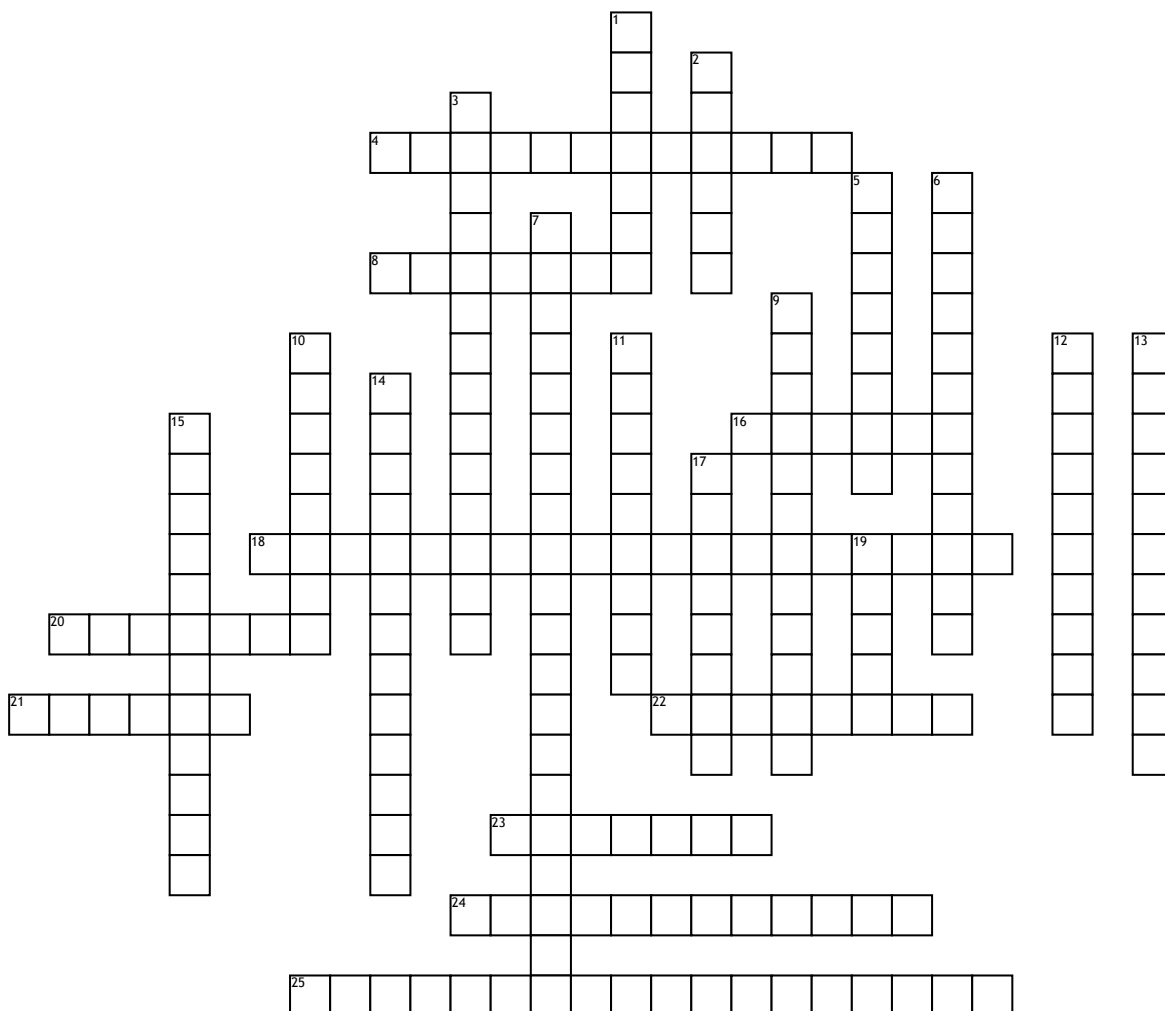


Name: _____

Date: _____

FOOD AND NUTRITION BASICS



Across

4. FAT-LIKE SUBSTANCE THAT IS PRESENT IN ALL BODY CELLS
 8. SUGARS FOUND IN GRAINS
 16. ALSO CALLED A SIMPLE CARBOHYDRATES
 18. PEANUTS OIL, CANOLA OIL, OLIVE OIL
 20. EXTRACTED FROM PLANTS TO SWEETENED FOODS
 21. THE MAIN SOURCE OF CARBOHYDRATES
 22. TYPE OF IRON FOUND IN BEEF LIVER, AND FORK LIVER
 23. HELP THE BODY GROW, MAINTAIN AND REPAIR CELLS AND TISSUES
 24. INCREASE LDL CHOLESTEROL

25. LOWER LDL CHOLESTEROL, INCREASE HDL CHOLESTEROL

Down

1. SUGARS FOUND IN MILK
 2. CONDITION THAT RESULTS WHEN A PERSON DOES NOT GET ENOUGH IRON
 3. THIS BULK HELPS TO MOE FOOD THROUGH THE LARGE INTESTINE, PROMOTING REGULAR____
 5. FOUND WHEN VEGETABLE OILS ARE PARTIALLY HYDROGENATED
 6. PROTEIN ALSO PLAY AN IMPORTANT ROLE IN REGULATING THE BODY
 7. MADE UP OF LARGE MOLECULES OF SIMPLE CARBOHYDRATES
 9. FIBER WILL DISSOLVE IN WATER

10. SUGARS FOUND IN FRUITS
 11. FIBER WILL NOT DISSOLVE IN WATER
 12. NEEDS IRON FOR BODY TI BUILD WHAT?
 13. TYPE OF IRON FOUND IN CANNED BEANS
 14. MAIN SOURCE OF ENERGY
 15. CHOLESTEROL CIRCULATES IN THE BLOODSTREAM IN CHEMICAL GROUPINGS CALLED?
 17. CAN BE FOUND IN LEGUMES, SOME VEGETABLES AND GRAINS
 19. FORM OF CARBOHYDRATES THAT DOES NOT PROVIDE THE BODY WITH ENERGY