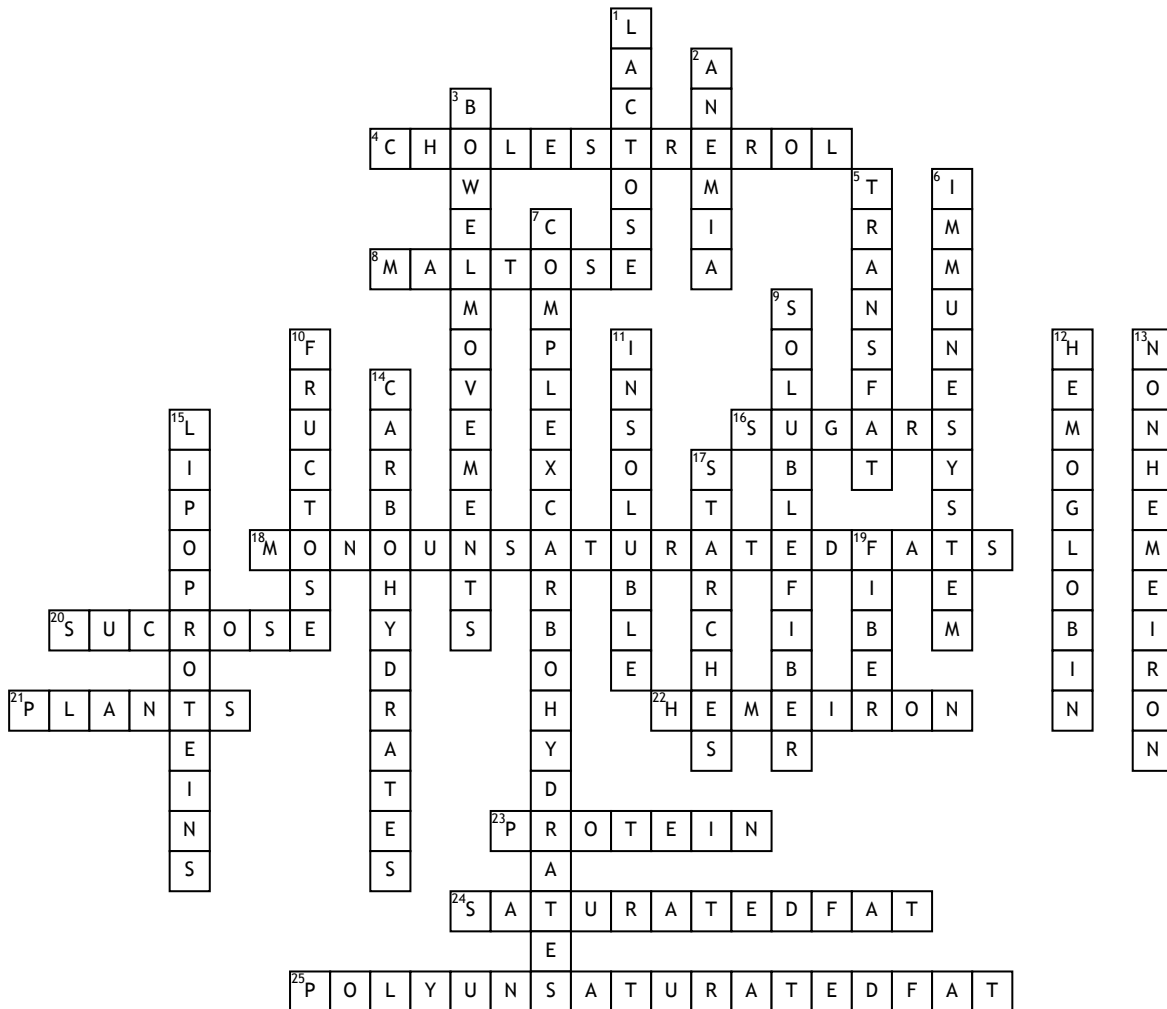


Name: \_\_\_\_\_

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