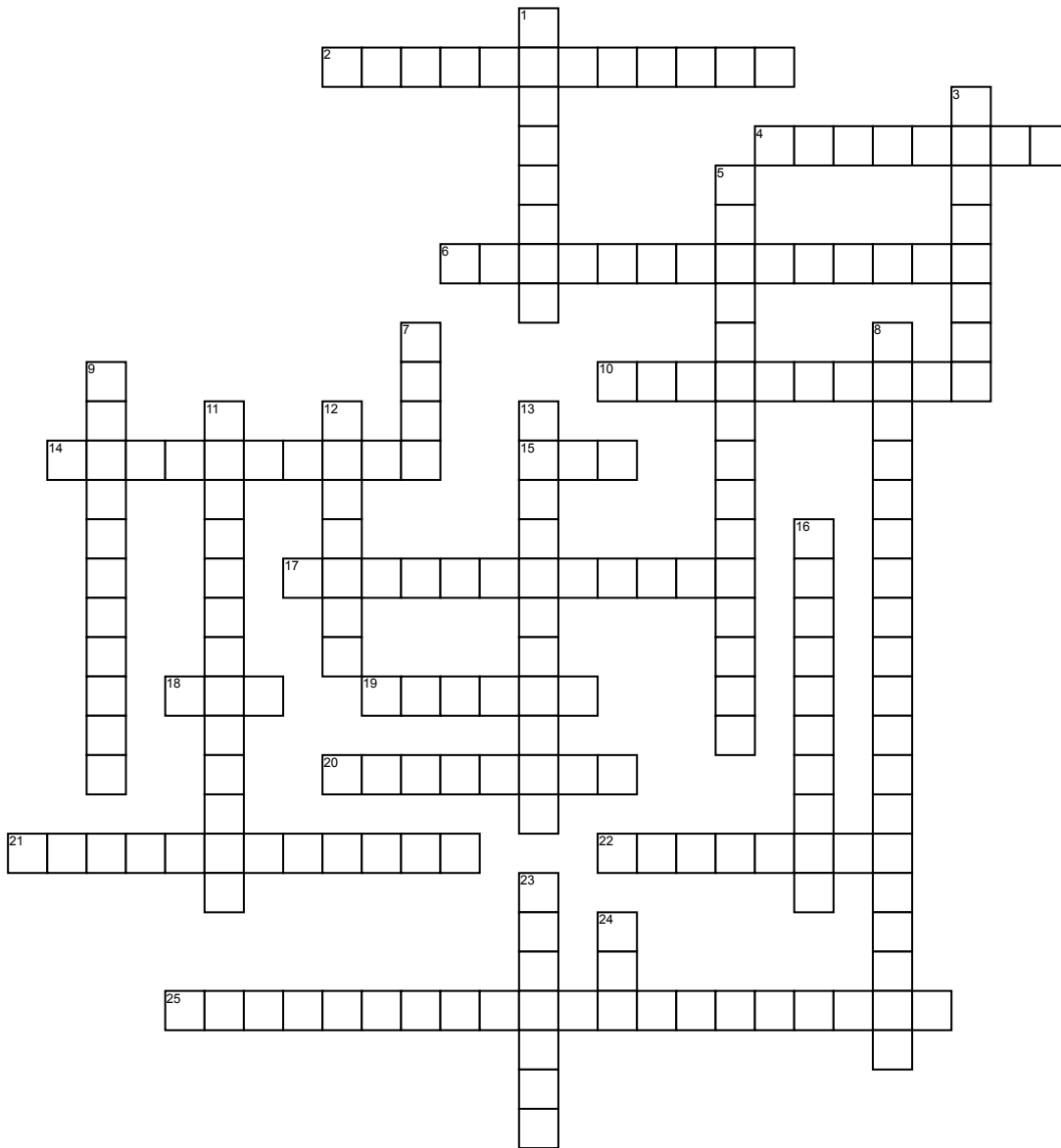


Name: \_\_\_\_\_

# foods basics



## Across

2. cholesterol circulates in the bloodstreams in chemical groupings called  
4. found in animal sources  
6. this kind if fiber will not dissolve in water  
10. proteins are made of chains of chemical building blocks called  
14. sources are usually solid at room temperature  
15. picks up cholesterol and returns it to the liver, where it does not harm the body  
17. this kind of fiber will dissolve in water  
18. takes cholesterol from the liver, to wherever it is needed in the body

19. the substance in your red blood cells that carries \_\_\_\_\_ to all part of your body  
20. those that occur naturally in milks are called  
21. proteins also play an important role in regulating the body's processes and help fight diseases because they are part of the  
22. it helps in the digestion of fat and the production of  
25. are made up of large molecules of simple carbohydrates joined together  
**Down**  
1. sugar that occurs in fruits is called  
3. are the nutrients that help the body grow, maintain, and repair cells and tissues.  
5. these are "good" fats

7. provides heat and energy for the body  
8. are also called sugars.  
9. on the other hand found in plant sources, is less available  
11. are the main source and the most easily digested source of energy  
12. those that occur naturally in grains are called  
13. is not a fat. it is a fat-like substance that is present in all body cells and is indeed for many essential body process  
16. your body needs iron to build  
23. comes from sugar canes or sugar beets  
24. there are how many types of carbohydrates