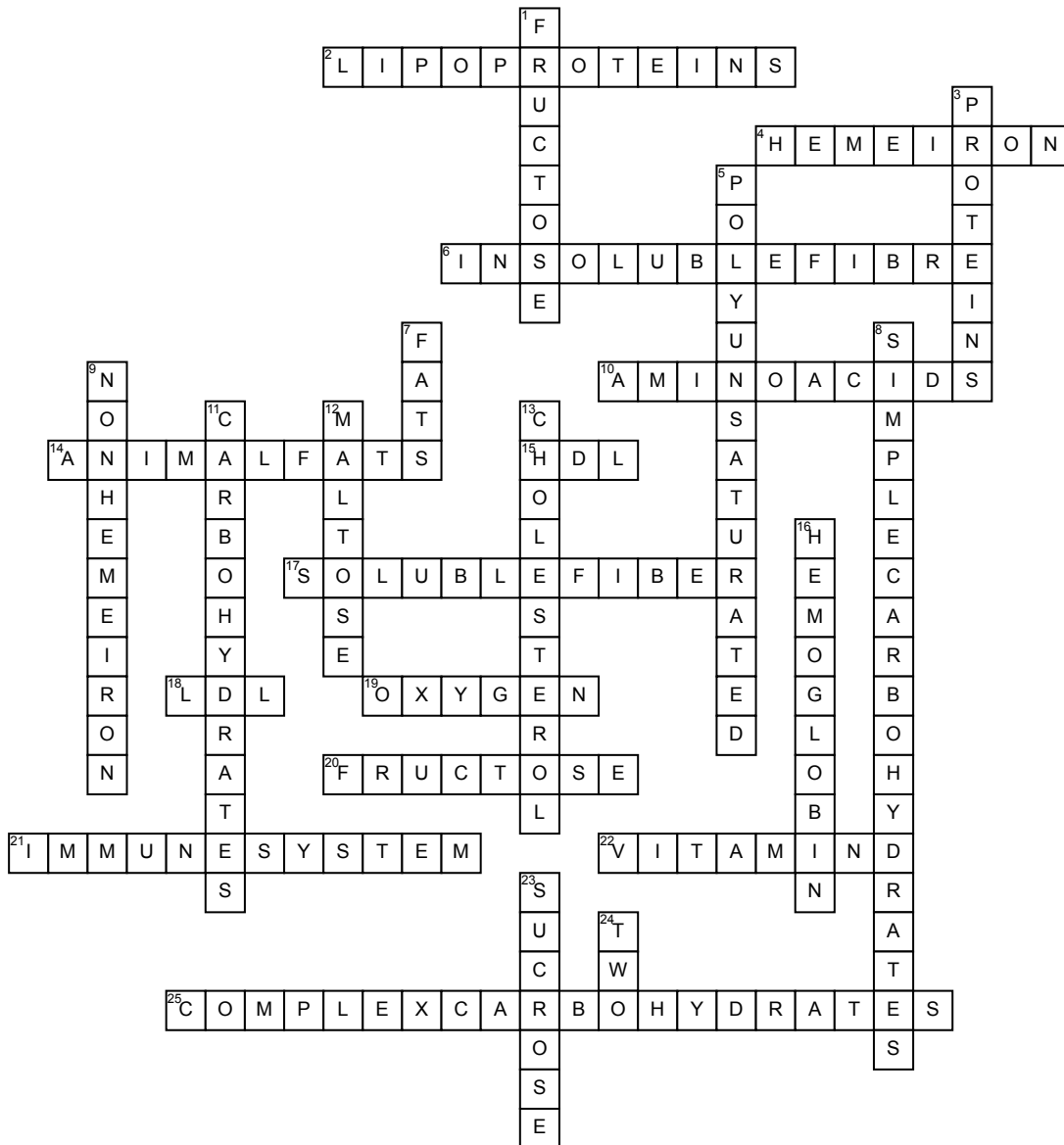


Name: _____

foods basics



Across

2. cholesterol circulates in the bloodstreams in chemical groupings called

4. found in animal sources

6. this kind of 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