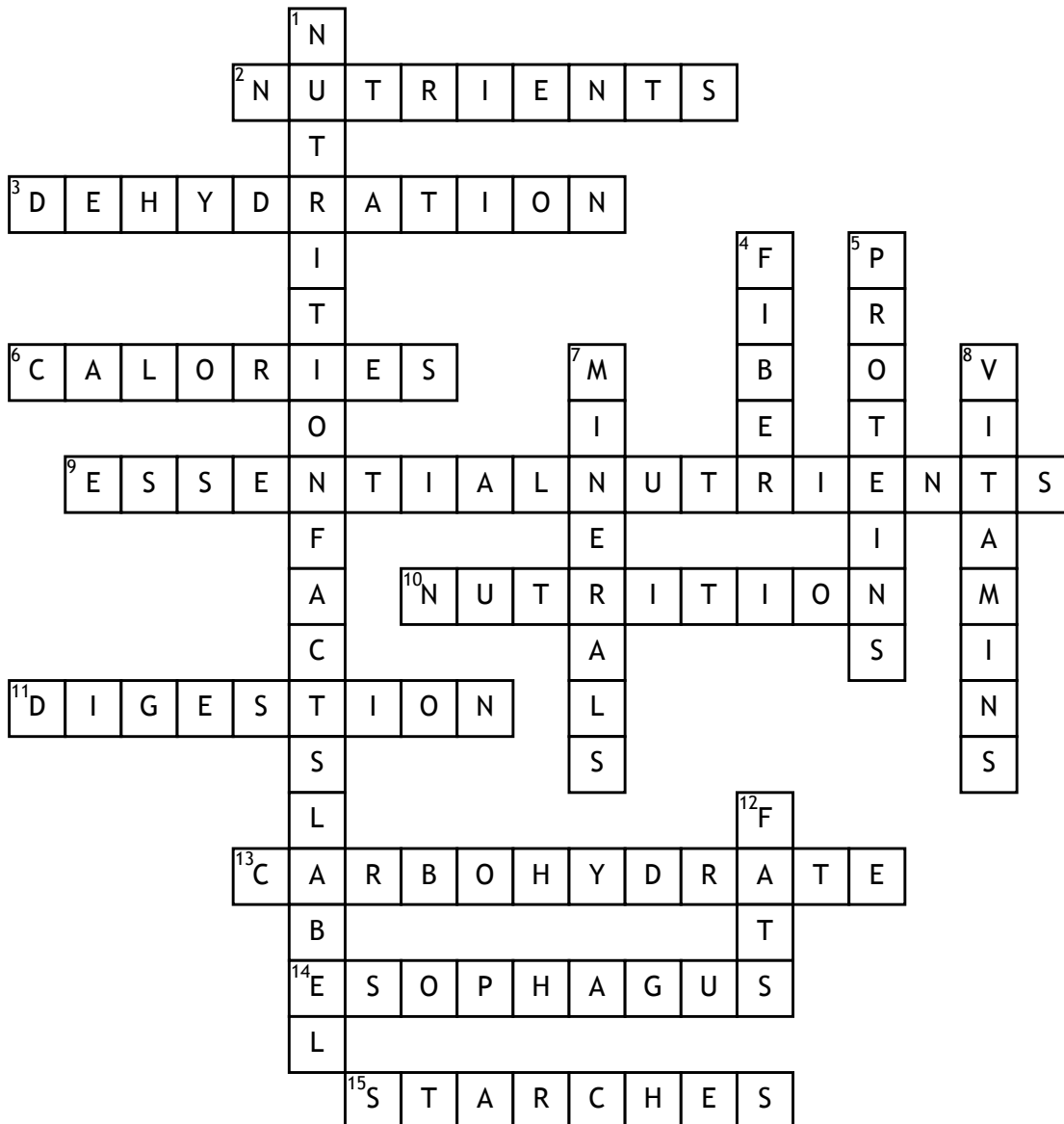


Name: _____

Nutrition



Across

2. substances in food that promote normal growth, maintenance and repair your body
3. if you don't replace the water your body uses, you run the risk of drying out
6. measurement of how much energy a food provides
9. your body cannot work properly without these nutrients

Down

10. study of how our bodies use the food we eat to keep us healthy
11. the process in which your food is broken down into a form your body can use
13. consist of one sugar or multiple sugars
14. a tube from your mouth to your stomach
15. complex carbohydrates found in rice, bread, and vegetables

Down

1. label found on the outside package of food
4. a complex carbohydrate found in whole-grain foods
5. help build muscle and heal the body tissues
7. elements that are necessary for good health
8. organic compounds that control several body functions
12. energy containing nutrients that provide stored energy and help produce hormones