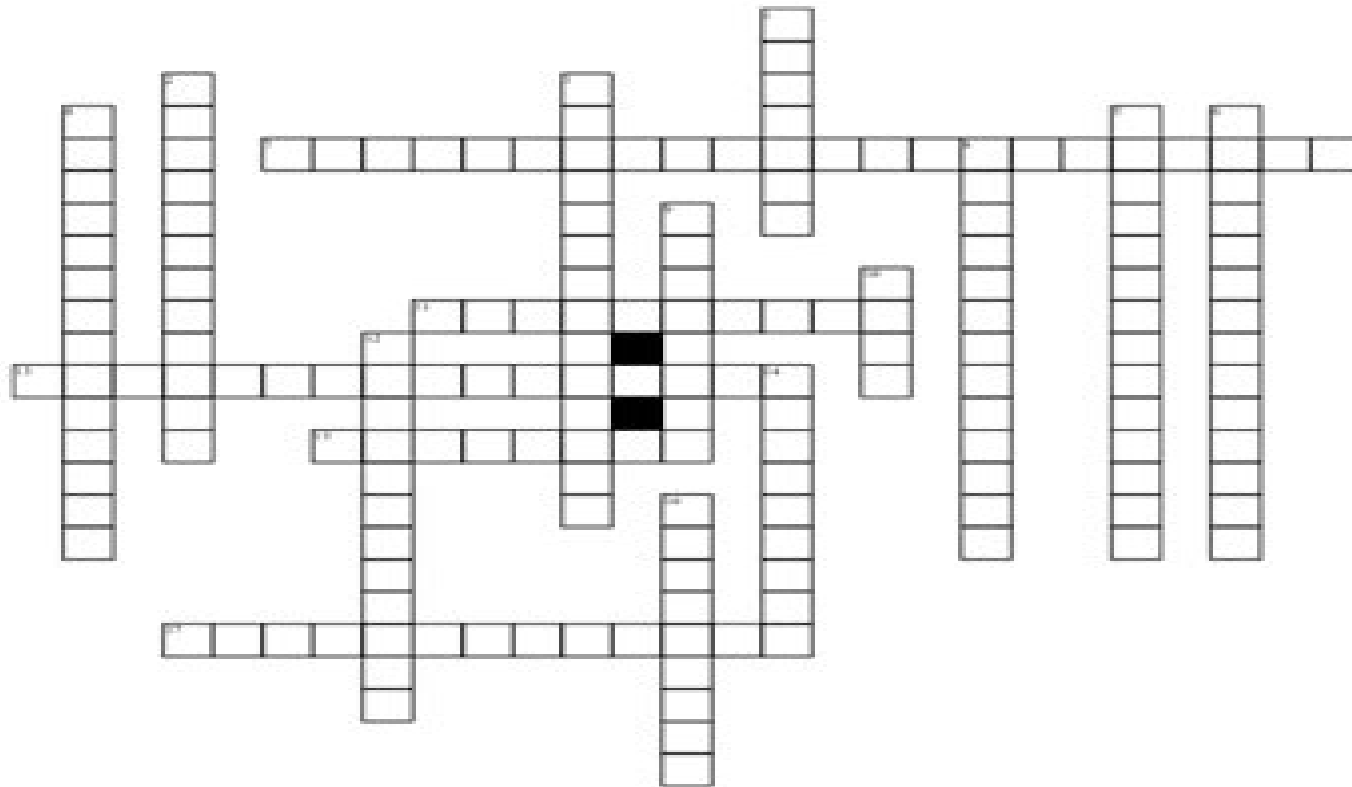


# Promoting Good Nutrition



## Across

7. A listing of daily estimated nutrients requirements, use to assess diets for adequacy at the nutrients level.
11. A sleep disorder in which a persons breathing pauses during their sleep.
13. Refers to the best possible nourishment for children, it is based amount of foods in the diet.
15. An in organic or non carbon containing class of micronutrients that re required in a small amount and must obtained from the diet.
17. In which children consume and excess of nutrients required for normal growth, development and metabolism. A type of malnutrition in which individuals consume to many calories.

## Down

1. A nutritional deficiency caused by the lack of Vitamin D, can cause bones to form properly resulting in severe skeleton deformities.
2. Refers to psychological and social factors that effect well-being
3. Natural compound found in plants that may protect against diseases and support good health.
4. The amount of energy or calories used by the body during the rest and physical activity
5. In which children do not consume enough calories, protein, and other nutrients to meet their body needs.
6. Nutrients category that includes protein, fat, carbohydrates, they are the energy or calories providing nutrients and are needed in a large amount of diets.

8. Macronutrients in the form of sugar and starches that provide body with energy.

9. An organic or carbon containing class of essential micronutrients that are made in the body or in sufficient amounts to support the body needs and therefore must be obtained from the diet.

10. Macronutrients that provide the most concentrated sources of energy of the body, also used to cushion the organs and to isolate the body.

12. Natural compounds found in plants that may protect cells from damage and thereby decrease the risk of cancer.

14. Refers to the relationship between the nutrients found in foods and their influence on the human body.

16. As substances found in foods that are essential requirements of life and are necessary for survival and growth.

# Good Nutrients Crossword Puzzle

**Betty Wedman**

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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