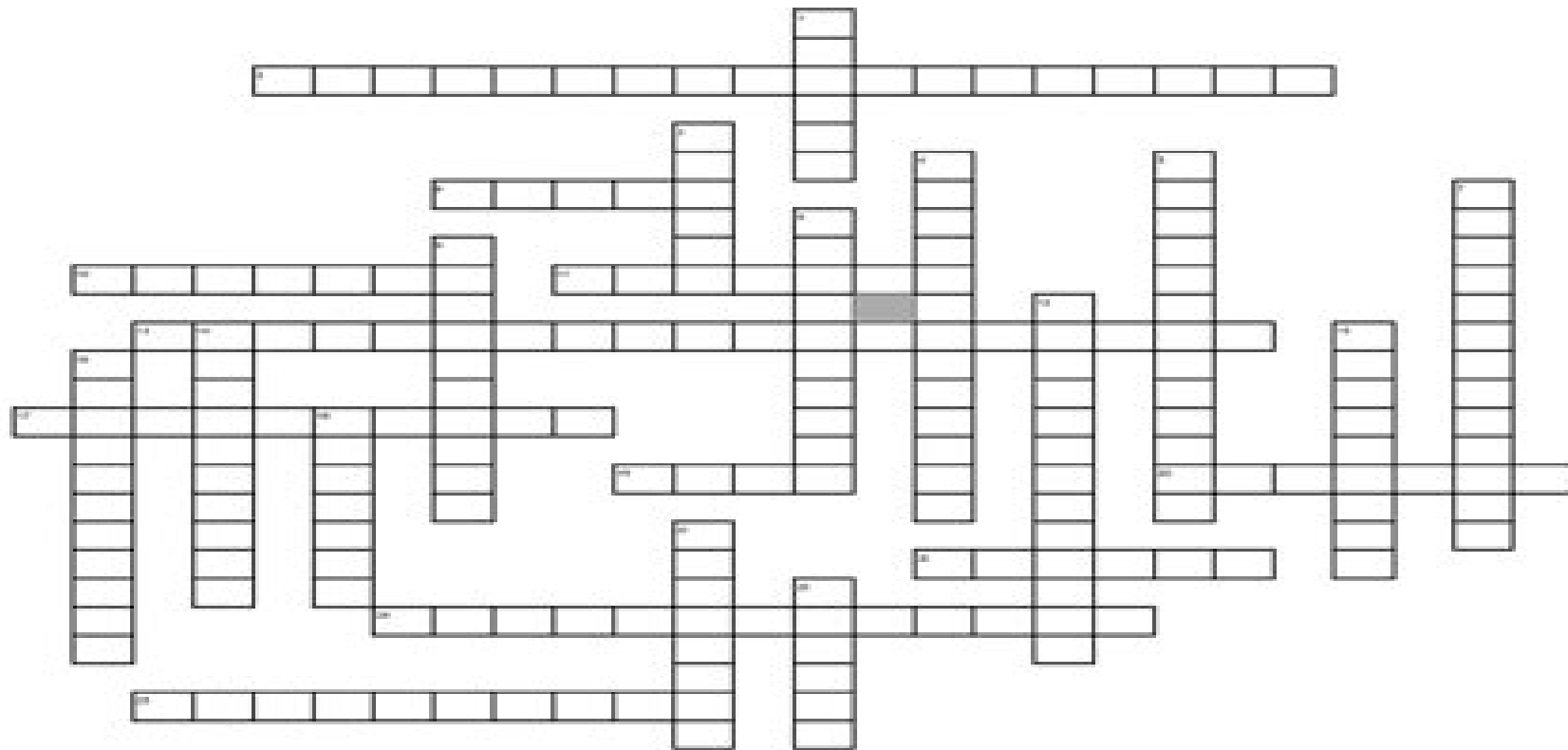


Food and Nutrition Basics



Across

2. carries vitamins A, D, E and K in the body
6. complex carbohydrates are broken down into two subcategories starches and
10. that occur naturally in grains
11. around vital organs such as the heart and liver
13. complex carbohydrates are made up of large molecules of
17. your body needs iron to build
19. that promotes healthy and normal cell growth
20. such as peas and lentils
22. in the form of rice, paste, and bread products
24. eating foods that are high in refined sugars
25. proteins are made of chains of chemical building blocks

Down

1. that provides for the body heat and
3. helps form the protective coverings around
4. are extracted from plants and used to sweeten foods
5. fiber consist of plant material
7. this bulk helps to move food through the large intestine, promoting regular
8. consuming large amount of these foods can lead to
9. such as potatoes and corns that can be found in starches
12. main source of energy
14. there are types of proteins complete and
15. there are two kinds of dietary soluble and
16. that leads to sugar highs and lows
18. that occur naturally in milk
21. sugar the occurs naturally in fruits
23. the main source of carbohydrates is

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