

# NUTRITION

**NUTRITION**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Class: \_\_\_\_\_



**ACROSS**

1. Fats that are solid at room temperature like butter
3. Essential nutrients like A, C, and D
6. Unit of energy in food
8. Nutrient substance in the body can be good or bad
11. Simple sugar, energy source
14. Healthy fats from plants and fish, the olive oil
15. Read more iron, low red blood cell count
17. Stored form of glucose
18. High in nutrients, low in calories
19. Excessive nutrient and calorie intake
21. Seafood, nuts
22. Not always bad, think avocado
23. Essential nutrients like iron and calcium
24. Keeps you regular and aids digestion

**DOWN**

2. Building blocks of proteins
4. Nutrient for muscle building
5. Difficulty digesting certain foods like lactose or gluten
7. Substance from contaminated food
9. Not enough nutrients
10. Unhealthy fats from hydrogenated oils often found in packaged foods
12. Bone weakening disease
13. Eat bread and pasta
16. Body's process of converting food to energy
20. Substance in food for growth and health

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VOCABULARY  
RICH



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