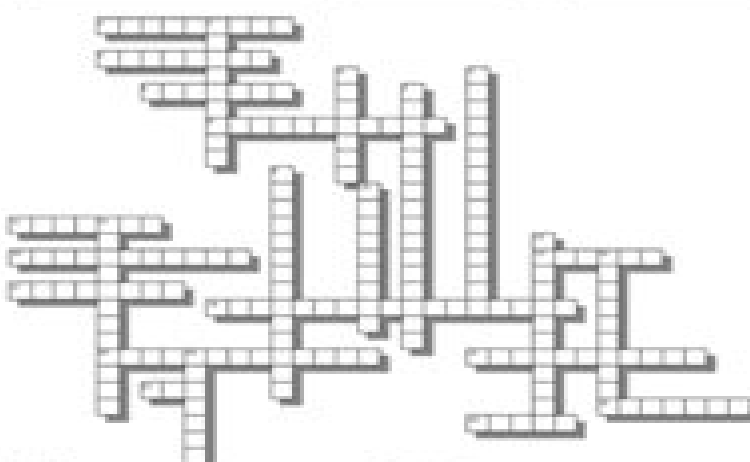


NUTRITION

NUTRITION

Name: _____ Date: _____ Class: _____



ACROSS

- Fats that are solid at room temperature like butter
- Essential nutrients like A, C, and D
- Unit of energy in food
- Not like substances in the body; can be good or bad
- Simple sugar, energy source
- Healthy fats from plants and fish, the olive oil
- Read more iron, lower red blood cell count
- Stored form of glucose
- High in nutrients, low in calories
- Excessive nutrient and calorie intake
- For shellfish, nuts
- Not always bad, think avocado
- Essential nutrients like iron and calcium
- Keeps you regular and aids digestion

DOWN

- Building blocks of proteins
- Nutrient for muscle building
- Difficulty digesting certain foods like lactose or gluten
- Toxicosis from contaminated food
- Not enough nutrients
- Unhealthy fats from hydrogenated oils often found in packaged foods
- Bone weakening disease
- Eat bread and pasta
- Body's process of converting food to energy
- Substance in food for growth and health

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