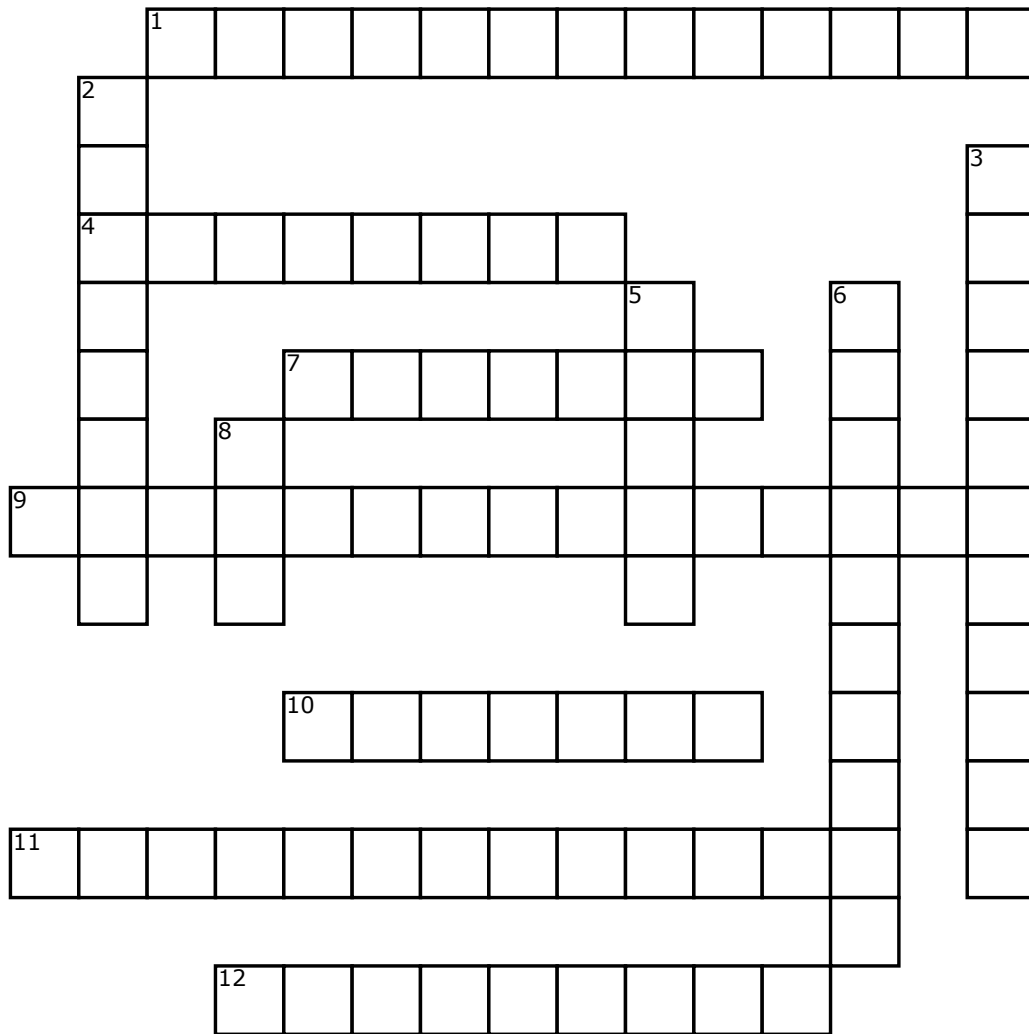


# Chapter 8 Section 1 Vocab



## Across

- 1.** A type of fat containing a high proportion of fatty acid molecules without double bonds, considered to be less healthy in the diet than unsaturated fats
- 4.** The type of fat produced when manufacturers add hydrogen to the fat molecules in vegetable oils.
- 7.** The amount of energy released when nutrients are broken down
- 9.** A fat with at least one unsaturated bond in a place where hydrogen can be added to the molecule.

**10.** A nutrient that contains nitrogen as well as carbon, hydrogen, and oxygen; needed for the growth and repair of body tissues.

**11.** A nutrient made of carbon, hydrogen, and oxygen, and that supplies energy

**12.** Small units that are bound together chemically to form proteins.

## Down

**2.** A substance in foods that the body needs to regulate bodily functions, promote growth, repair body tissues, and obtain energy.

**3.** A waxy, fatlike substance that is found only in animal products.

**5.** A type of complex carbohydrate that is found in plants.

**6.** The chemical process by which your body breaks down food to release energy

**8.** A nutrient made of carbon, hydrogen, and oxygen; supplies energy, forms cells, maintains body temperature, and protects nerves.

## Word Bank

metabolism	cholesterol	carbohydrates	saturated fats
trans fat	unsaturated fats	fiber	fat
nutrient	amino acid	calorie	protein