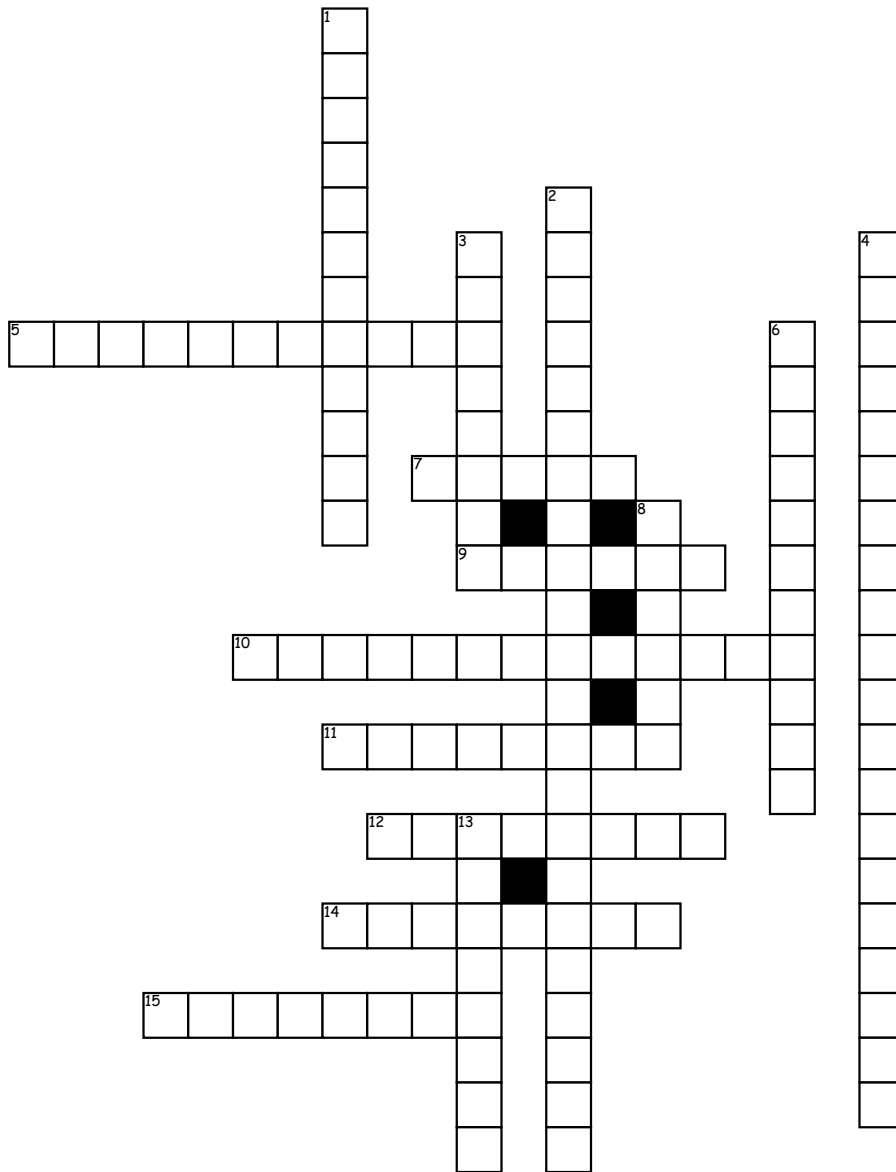


Name: _____

Date: _____

Food Labels



Across

5. a compound of the sterol type found in most body tissues

7. can be degraded only by anaerobic bacteria in the large intestine

9. is a crystal-like compound that is abundant in nature and is used to flavor and preserve food.

10. any of a large group of organic compounds occurring in foods and living tissues and including sugars

11. a solid inorganic substance of natural occurrence.

12. the sum of saturated, monounsaturated and polyunsaturated fats.

14. any of a group of organic compounds that are essential for normal growth and nutrition and are required in small quantities in the diet because they cannot be synthesized by the body

15. any of a class of nitrogenous organic compounds that consist of large molecules composed of one or more long chains of amino acids

Down

1. a type of fat containing a high proportion of fatty acid molecules without double bonds

2. is the daily intake level of a nutrient that is considered to be sufficient to meet the

3. used to express the heat output of an organism and the fuel or energy value of food.

4. Tells you how many of the above serving sizes are found in the entire box/bag/can/jar/package/whatever that your food came in

6. is the amount of a food or drink that is generally served.

8. a sweet crystalline substance obtained from various plants, especially sugar cane and sugar beet

13. an unsaturated fatty acid of a type occurring in margarines and manufactured cooking oils as a result of the hydrogenation process