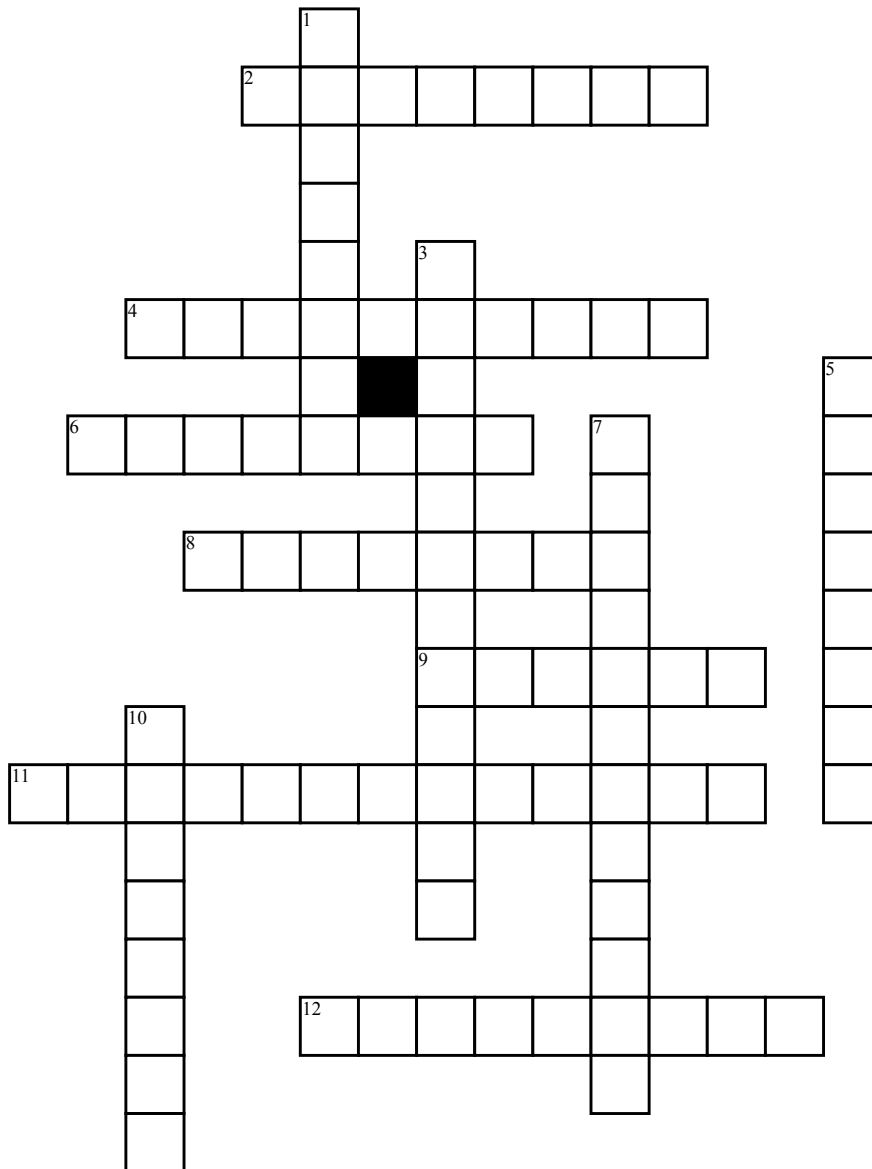


Food Nutrition & Wellness



Across

2. No dietary supplementation is necessary because sunlight promotes it

4. A substance obtained from a plant and used as an additive, especially in gin or cosmetics.

6. An unhealthy substance that is made through the chemical process of hydrogenation of oils

8. Provides nourishment, essential for growth and the maintenance of life.

9. A disorder that is caused by lack of vitamin C.

11. Come in simple forms such as sugars and in complex forms such as starches and fiber.

12. Human body cannot make them and they must be obtained in the diet

Down

1. They are materials found in foods that are essential for growth and health and do not contain the element carbon.

3. Fat-soluble vitamins that are found especially in green or orange vegetables

5. Inflammation of multiple nerves due to a deficiency of thiamine in the diet.

7. A fat that contains only saturated fatty acids, is solid at room temperature, and comes chiefly from animal food products.

10. An essential part of all living organisms, especially as structural components of body tissues such as muscle, hair,