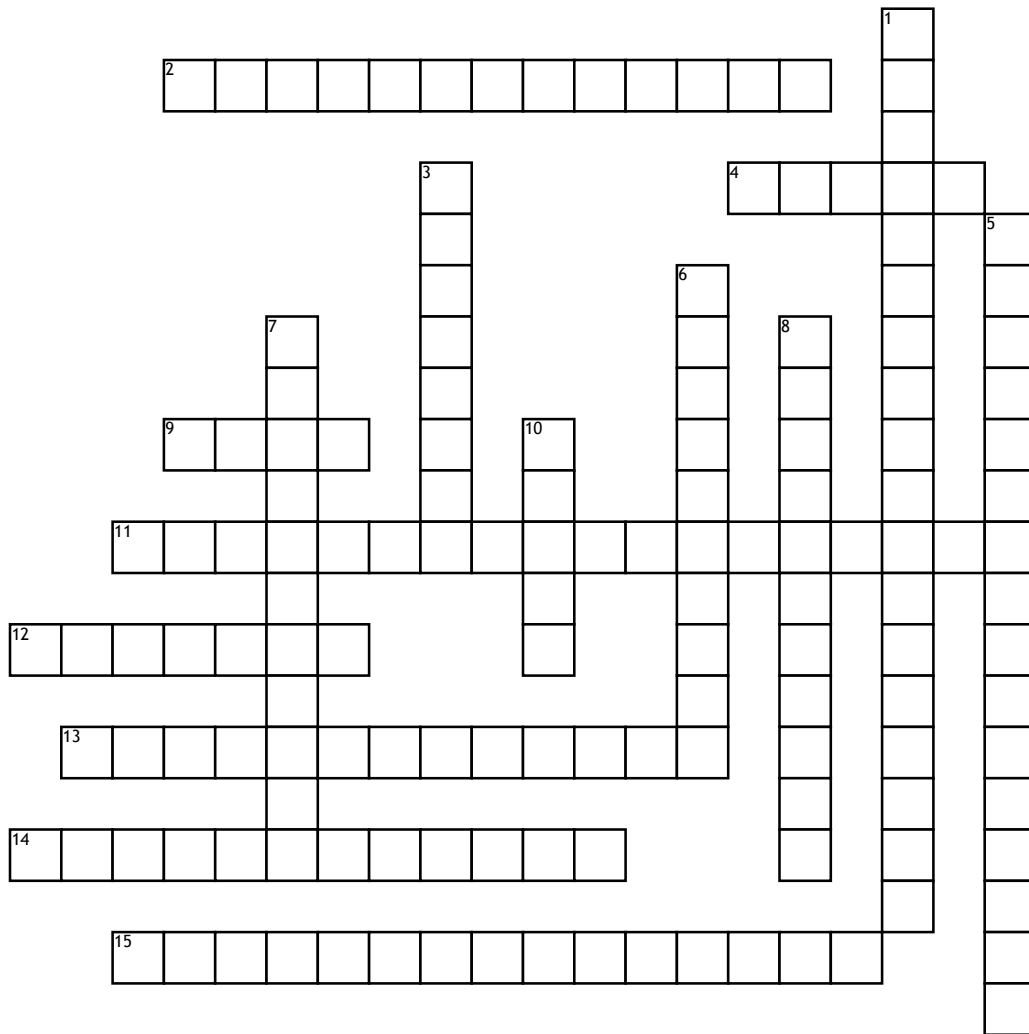


# Food and Nutrition



**Across**

- 2. are the sugars, starches and fibers found in fruits, grains, vegetables and milk products.
- 4. it is the part of plant foods that the body cannot digest.
- 9. These are one of the 3 macro nutrients.
- 11. it is a type of dietary fat.
- 12. the energy you consume
- 13. is a type of carbohydrate that cannot be digested by our bodies' enzymes.

- 14. is a condition that results from eating a diet in which one or more nutrients are either not enough or are too much such that the diet causes health problems. It may involve calories, protein, carbohydrates, vitamins or minerals.
- 15. Rate is the number of calories required to keep your body functioning at rest.

**Down**

- 1. it occurs when the body doesn't absorb or get from food the necessary amount of a nutrient.

- 3. are inorganic substances that must be ingested and absorbed in adequate amounts to satisfy a wide variety of essential metabolic and/or structural functions in the body.

- 5. is a food source of protein that contains an adequate proportion of each of the nine essential amino acids necessary in the human diet.

- 6. they are organic compounds that combine to form proteins

- 7. a substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products.

- 8. Your body needs this to build healthy cells,

- 10. 73% of the world is covered with it

**Word Bank**

- |                     |              |                     |                  |
|---------------------|--------------|---------------------|------------------|
| nutrient deficiency | Malnutrition | complete proteins   | Basal Metabolism |
| Carbohydrates       | water        | amino acids         | antioxidant      |
| minerals            | cholesterol  | Monounsaturated fat | fibre            |
| Dietary fibers      | fats         | calorie             |                  |