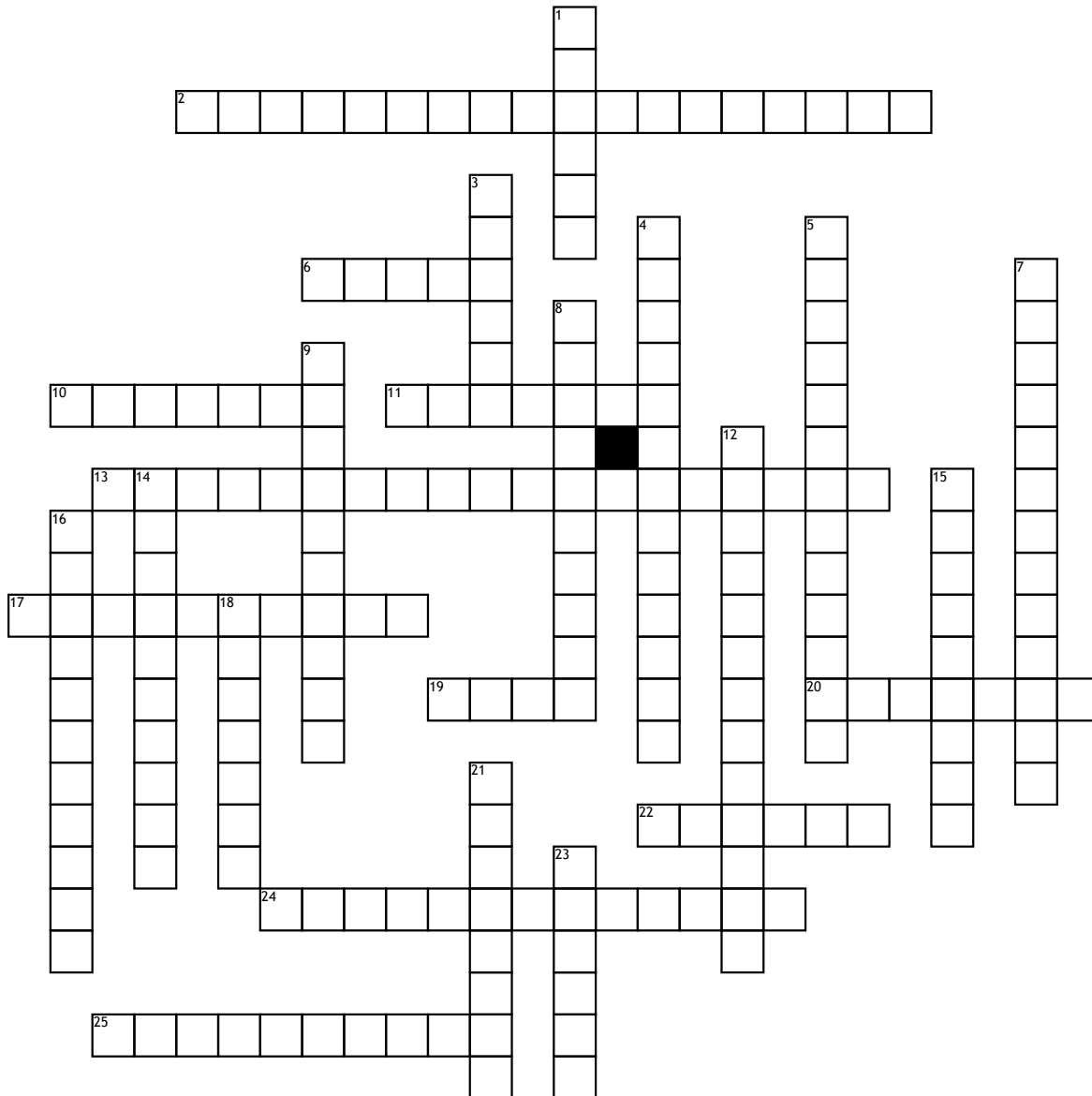


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Nutrition Basics



## Across

- 2. carries vitamins A,D,E and K in the body
- 6. complex carbohydrates are broken down into two subcategories starches and
- 10. that occur naturally in grains
- 11. around vital organs such as the heart and liver
- 13. complex carbohydrates are made up of large molecules of
- 17. your body needs iron to build
- 19. that promotes healthy and normal cell growth
- 20. such as peas and lentils

- 22. in the form of rice,paste,and bread products
- 24. eating foods that are high in refined sugars
- 25. proteins are made of chains of chemical building blocks

## Down

- 1. that provides for the body heat and
- 3. helps form the protective coverings around
- 4. are extracted from plants and used to sweeten foods
- 5. fiber consist of plant material
- 7. this bulk helps to move food through the large intestine,promoting regular

- 8. consuming large amount of these foods can lead to
- 9. such as potatoes and corns that can be found in starches
- 12. main source of energy
- 14. there are types of proteins complete and
- 15. there are two kinds of dietary soluble and
- 16. that leads to sugar highs and lows
- 18. that occur naturally in milk
- 21. sugar the occurs naturally in fruits
- 23. the main source of carbohydrates is