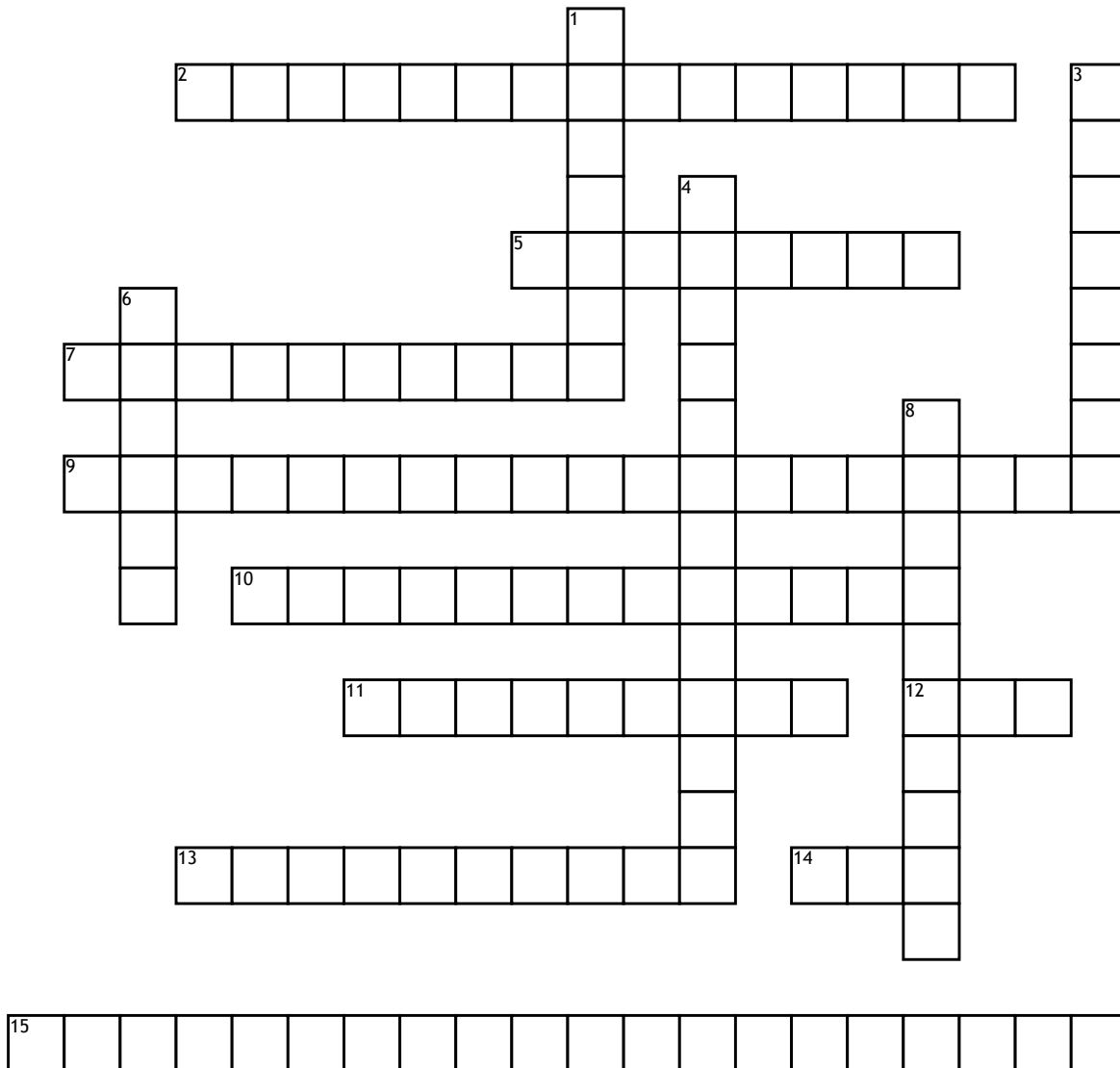


# Health 9



## Across

- 2.** found in plant foods and fish. They are found in olive oil, peanut oil, canola oil, albacore, and salmon.
- 5.** They help our bodies use the energy from foods
- 7.** Helps with water balance and allows for normal muscle growth
- 9.** = Sugars

- 10.** fats found in meat, and in other animal products, such as butter, cheese, and all milk except skim.
- 11.** found in certain foods like snack foods, baked goods, and fried foods.
- 12.** bad Cholesterol
- 13.** building blocks of proteins
- 14.** Good Cholesterol
- 15.** = Starches

## Down

- 1.** builds strong bones
- 3.** performs many functions in regulating the activity of cells
- 4.** the major source of energy for the body.
- 6.** in maintaining water levels in the body
- 8.** dissolves in fats can be stored in the body