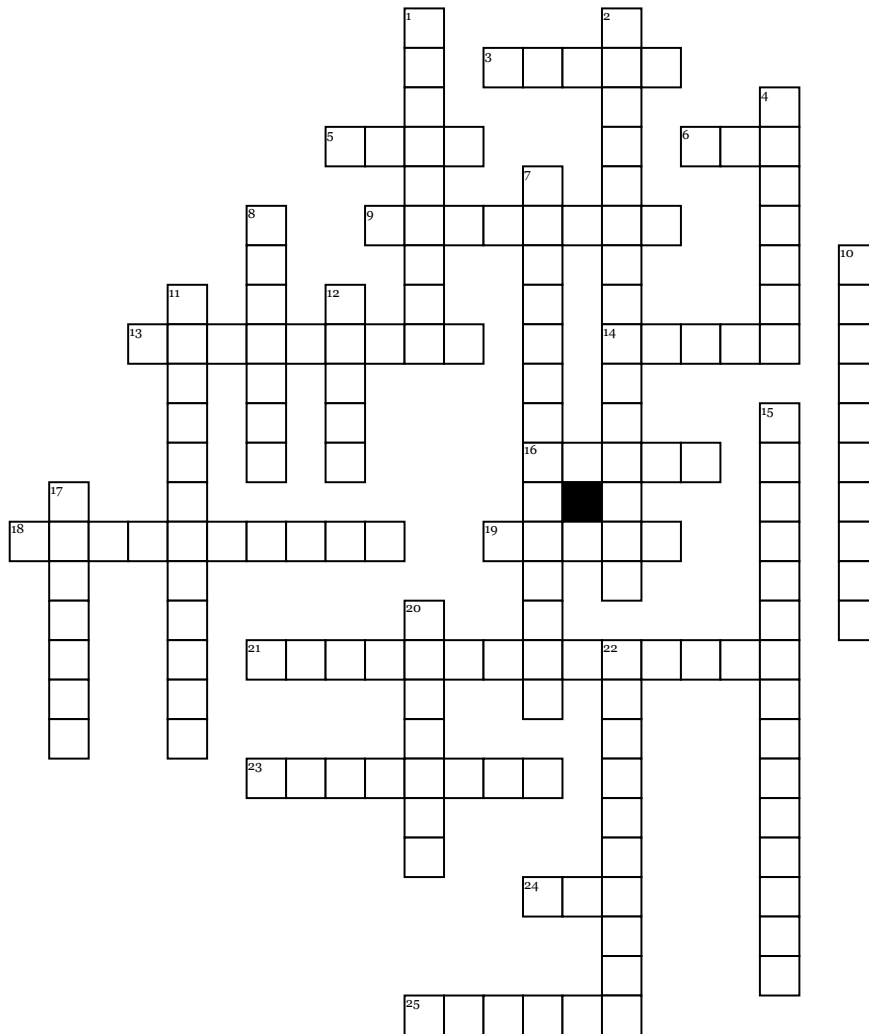


Name: _____

Healthy Eating



Across

- 3. Minerals that require large quantities by the body
- 5. If you don't have enough of this substance, your body can't make enough healthy oxygen-carrying red blood cells.
- 6. High Density Lipoprotein (Good cholesterol)
- 9. A substance used by organisms to grow, reproduce, and survive
- 13. Type of fat that is solid at room temperature, and can cause heart disease.
- 14. Minerals that require only small quantities by the body
- 16. A type of fat that is unnatural, raises your LDL, and can cause type 2 diabetes
- 18. What type of vitamins are A, D, E, K ?
- 19. Provides no energy, but is needed for digestive system functions, and helps food pass through the body.

- 21. A substance required in large amounts by organisms, to stay healthy
 - 23. Protein that contains all of the amino acids
 - 24. Low-Density Lipoprotein (Bad cholesterol)
 - 25. A type of carbohydrate that gives you a quick amount of energy for a period of time, but then your blood sugar will drop quickly after. Found in refined sugars.
- Down**
- 1. This is the outer coating of whole grains. This fiber passes through our intestines, well intact.
 - 2. A fat that is healthier than saturated, because it does not raise cholesterol levels as much. Found in PB and olive oil (etc).
 - 4. When the body breaks down carbohydrates into a usable energy source, called...
 - 7. Substance required in small amounts, for the growth and development of organisms

- 8. Fiber that forms a gel when mixed with a liquid. Found in oat bran and grains
- 10. Organic compounds that combine to form proteins
- 11. What type of vitamins are C, V, and B?
- 12. This is 60% of our body
- 15. A type of dietary fats. It is one of the healthier fats like Monounsaturated. Found in salmon, nuts and seeds (etc)
- 17. Mineral that is essential for the bones and teeth. This mineral is needed for the blood clotting system, nerves, and the heart to work
- 20. A type of carbohydrate that gives you enough energy to spread out for a long period of time. Found in starches.
- 22. Protein that is lacking some of the important amino acids

Word Bank

- | | | | | |
|-----------------|---------------|-------------|------------|-----------------|
| Macronutrients | HDL | Water | Simple | Calcium |
| Trace | LDL | Glucose | Incomplete | Micronutrients |
| Monounsaturated | Water Soluble | Fat Soluble | Complex | Major |
| Soluble | Nutrient | Saturated | Fiber | Trans |
| Iron | Complete | Amino Acids | Insoluble | Polyunsaturated |