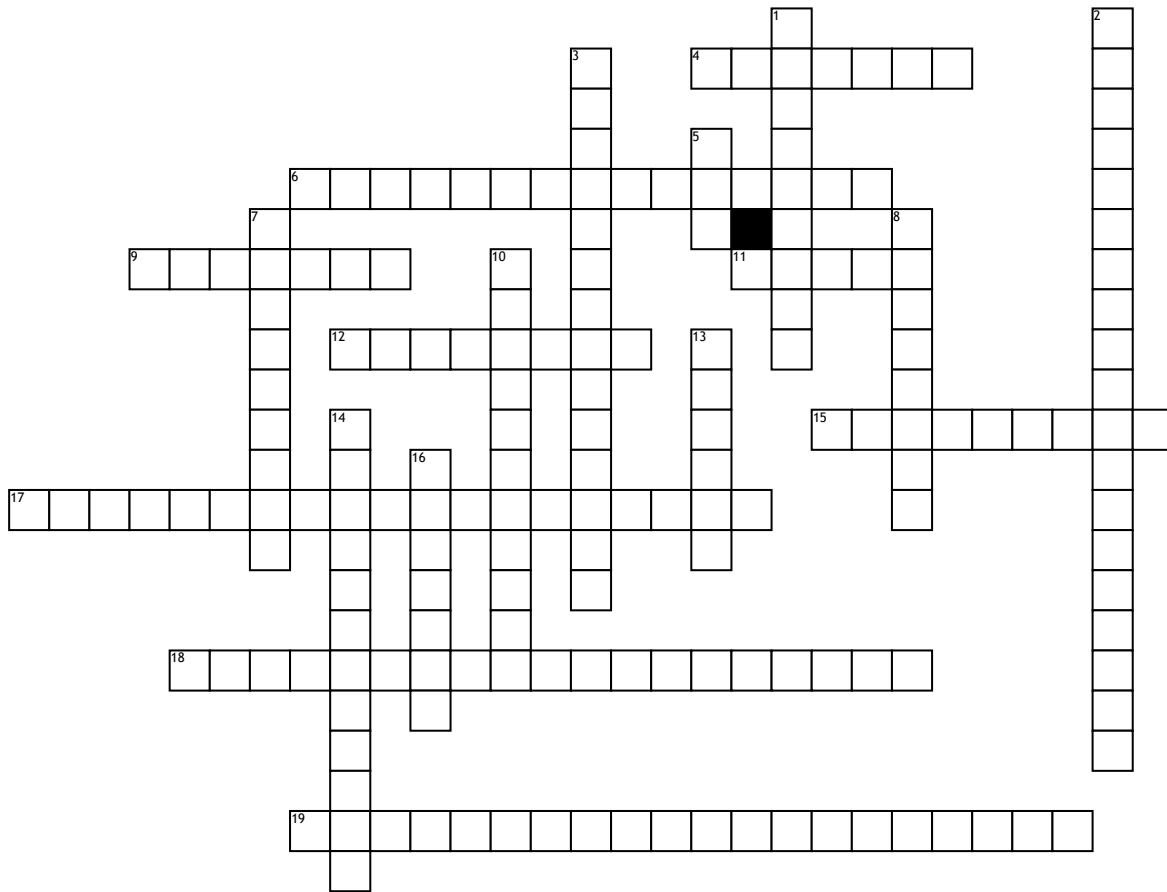


Introduction to nutrition



Across

4. a very important simple sugar that is the primary source of energy
6. the result of taking a liquid fat and making it solid generationa process called hydro
9. a hormone produced in the pancreas; it allows glucose, to travel throughout the body for energy use
11. substance that promotes digestive health and regularity and is found in plant food such as whole grains, fruits, vegetables, nuts, and legumes.
12. special chemical messengers produced in the body that regulate certain functions of the body
15. a chemicla process that causes unsaturated fats to spoil

17. fats that cannot break down in the body and therefore collect
18. the few fatty acids that are required for good nutrition

19. carbohydrates that contain long chains that inlcude many glucose molecules

Down

1. the study of the nutrients in food and how they nourish the body
2. carbohydrates that contain one or two sugars and have a relatively simple chemical structure; absorbed and digested quickly and provide a short burst of energy
3. chemicals that aid the body in fighting or preventing disease

5. usually refers to both fats and oils, although basic differences exist between the two;

7. components of food that are needed for the body to function

8. a class of nutrients that can supply energy to the body

10. a white waxy substance that helps the body carry out its many processes

13. a group of molecules that includes fats, oils, waxes, steroids, and other compounds

14. process that alters the physical properties of fats to make them stay fresh longer and increase

16. unit of measurement for energy in nutrition