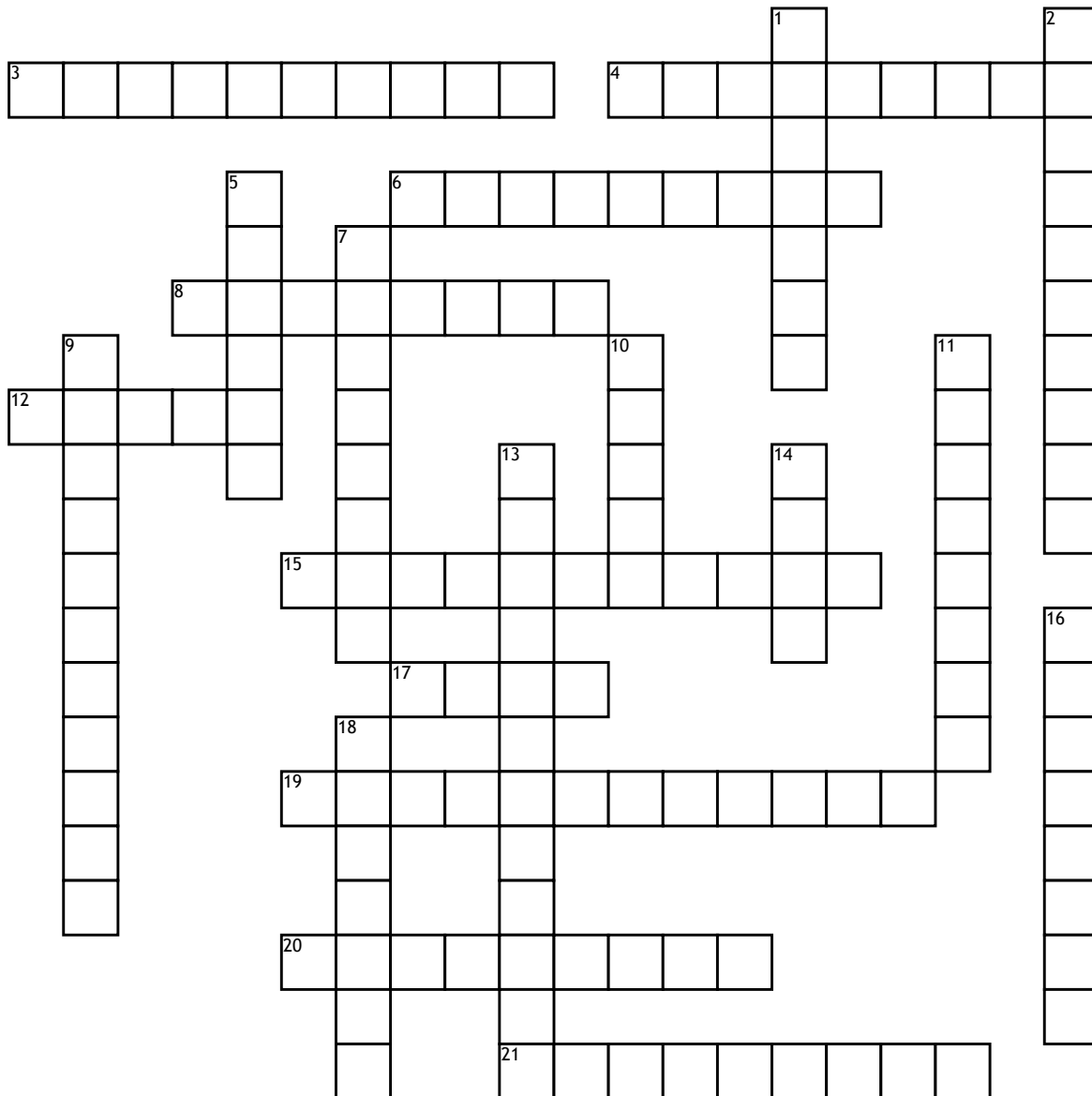


Name: _____

Date: _____

NUTRITION AND YOU



Across

3. Building blocks of proteins

4. The study of nutrients and how the body uses them

6. Substances found in food; needed for growth and maintenance

8. When lost nutrients have been replaced, the food is called _____.

12. Grains that contain all the edible parts are called _____ grains.

15. Fats from plants are called _____ fats.

17. mineral that is essential component of blood

19. Starches and sugars that give the body energy

20. The process of breaking down food

21. Fats from animal sources are _____ fats.

Down

1. nutrient group that builds and repairs cells

2. proteins that are missing 1 or more amino acids are called _____ proteins.

5. physical need to eat

7. examples of these are riboflavin and vitamin A

9. a wax-like substance our body produces

10. tough stringy part of raw fruits and vegetables

11. the desire to eat

13. a disease in which bones become weak and brittle

14. everything you eat or drink

16. These are needed for strong bones, healthy blood and elimination of waste.

18. This mineral is needed for strong bones and teeth.