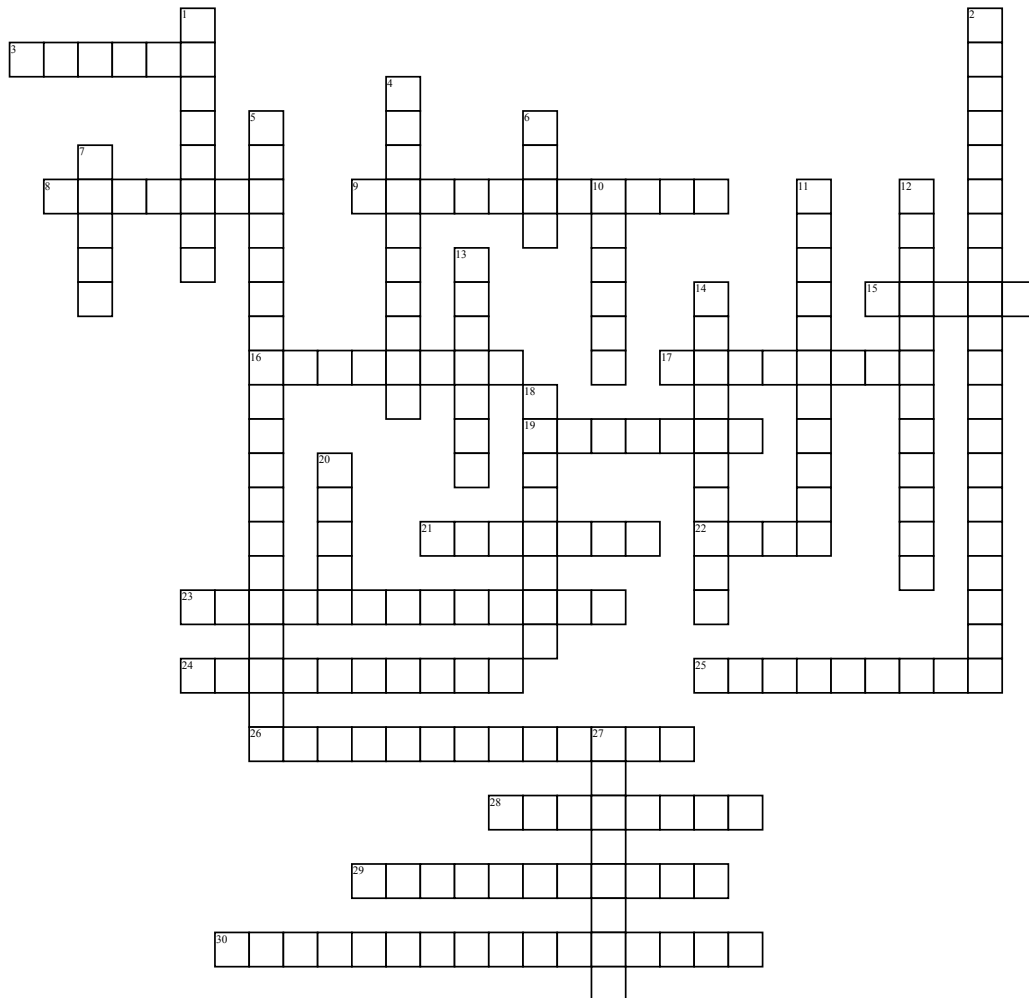


Name: _____

NUTRITION CROSSWORD PUZZLE



Across

- 3. natural drive to eat that prevents starvation
- 8. building materials for bones and teeth
- 9. TV, Billboards, Magazines, & Social Media campaigns
- 15. only eats foods of plant origin/no animal products
- 16. psychological desire to eat
- 17. inorganic substances the body cannot produce on its own
- 19. should be consumed in moderation and only by those 21 years of age or older
- 21. cycles of binge or overeating followed by purging or vomiting
- 22. assists with oxygen transport in the blood
- 23. the sugars and starches found in food

- 24. vitamins A, D, E, K
- 25. substances in food that your body needs to function
- 26. "bad fats" that can lead to increased risk of heart disease
- 28. measure of energy in food and energy your body burns
- 29. fat-like substance that can clog arteries and lead to heart disease
- 30. this should be balanced with good nutrition to ensure a healthy lifestyle

- 5. carbohydrates that provide quick/short bursts of energy
- 6. most concentrated sources of energy for human body
- 7. most abundant nutrient in the body
- 10. fancy term for "salt"
- 11. excessive loss of bodily fluids
- 12. vitamins that cannot be stored in the body
- 13. avoiding food or not eating for a period of time
- 14. building blocks of proteins
- 18. weight control methods that are popular for short periods of time
- 20. means "milk"
- 27. eating disorder associated with self induced starvation

Down

- 1. primary function is to build and maintain body tissues
- 2. carbohydrates that include pasta, grains, and rice
- 4. Includes washing hands, fully cooking meats, and refrigerating foods

Word Bank

- | | | | | |
|-------------|-----------------------|-------------------|----------------------|---------------|
| fats | nutrients | water | iron | dehydration |
| bulimia | complex carbohydrates | alcohol | hunger | Fad Diets |
| Anorexia | minerals | calcium | Amino Acids | Food safety |
| Fat Soluble | calories | Fasting | appetite | cholesterol |
| vegan | Saturated Fats | sodium | Water Soluble | carbohydrates |
| advertising | proteins | physical activity | Simple carbohydrates | Lacto |