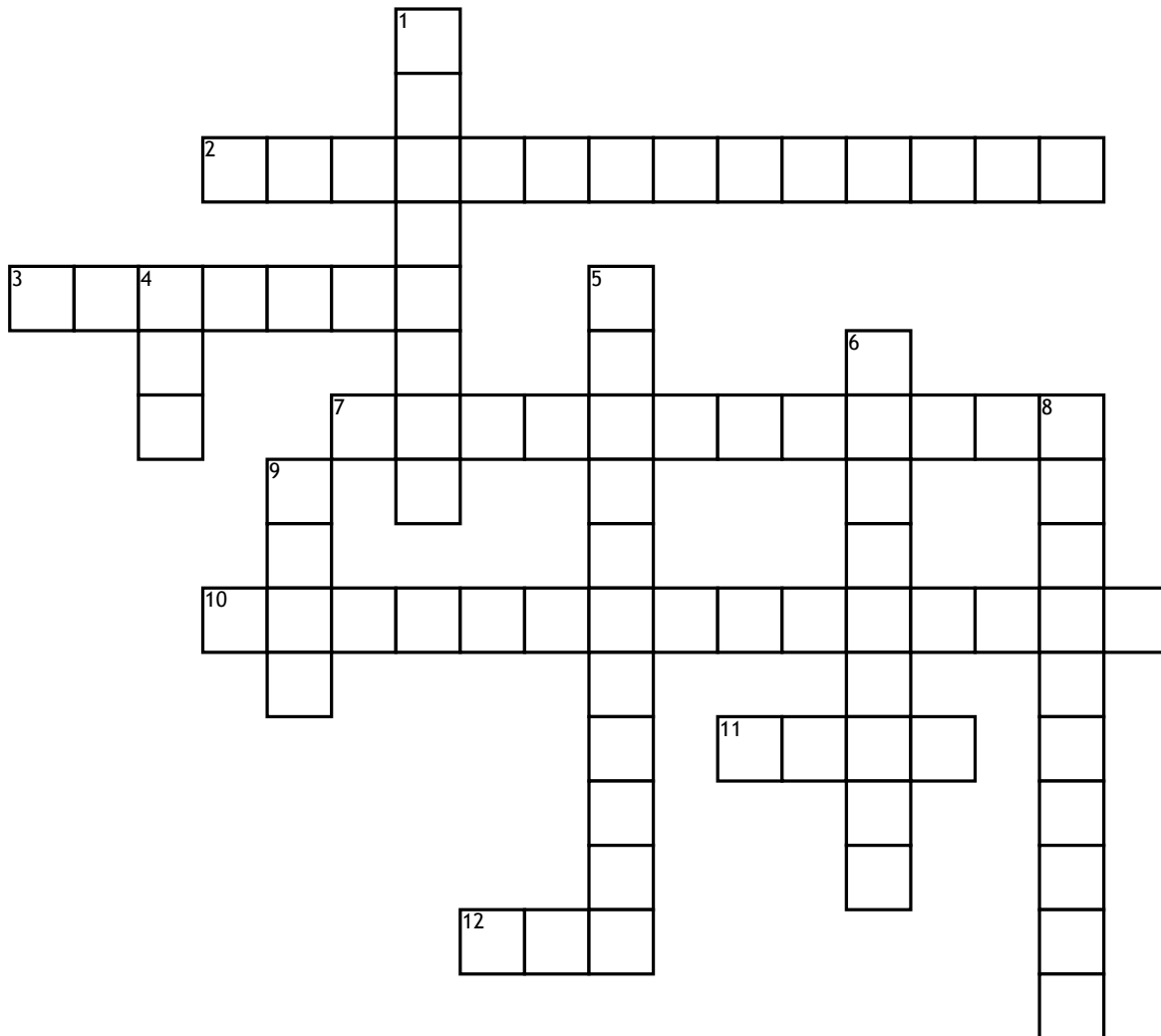


Notes 5 & 6



Across

2. disease-fighting nutrients in plant food
 3. protects bones from developing osteoporosis
 7. protect body cells and the immune system
 10. fatty acid that appear to lower LDL and raise HDL

11. promotes healthy skin and normal cell growth

12. picks up excess cholesterol and takes it back to the liver

Down

1. keep body tissues healthy and its systems working properly

4. takes cholesterol from the liver to wherever it is needed in the body

5. a fat-like substance present in all body cells

6. fatty acid that appear to raise LDL

8. foods that are low in calories and high in nutrients

9. essential for making hemoglobin