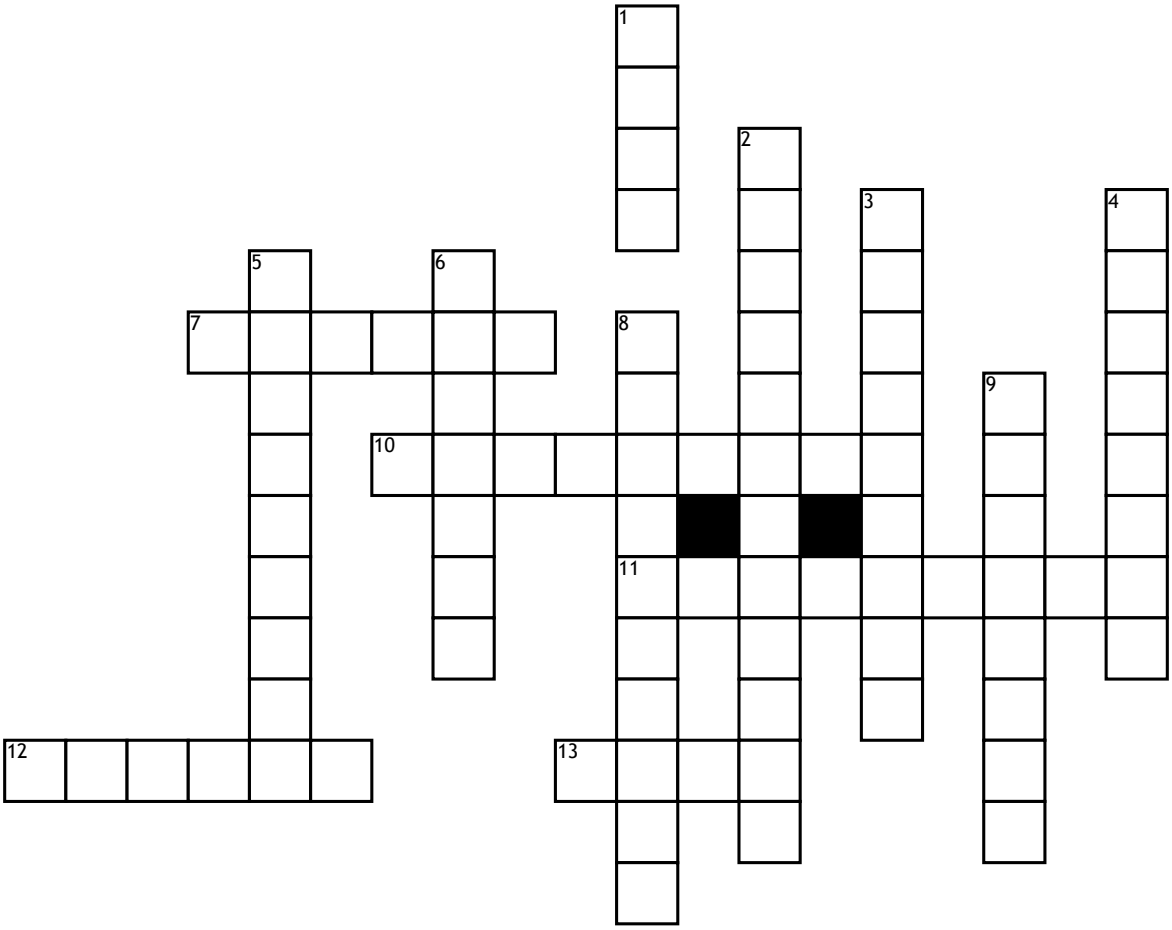
Name: _____ Date: _____

Nutrition



Across

7. simple carbohydrates

10. complex carbohydrates

11. how you feel about and see your body

12. convert food into absorbable substance

13. pattern of eating

Down

1. energy storage nutrients that help the body store some vitamins

2. your body's main source of energy

3. process of breaking down food into a form your body can use

4. the amount of energy your body gets from food is measured in units called

5. substances in food that your body needs to function properly

6. nutrients that build and repair tissue

8. the process of converting the energy in food into energy your body can use is called

9. organic compounds that control several body functions

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