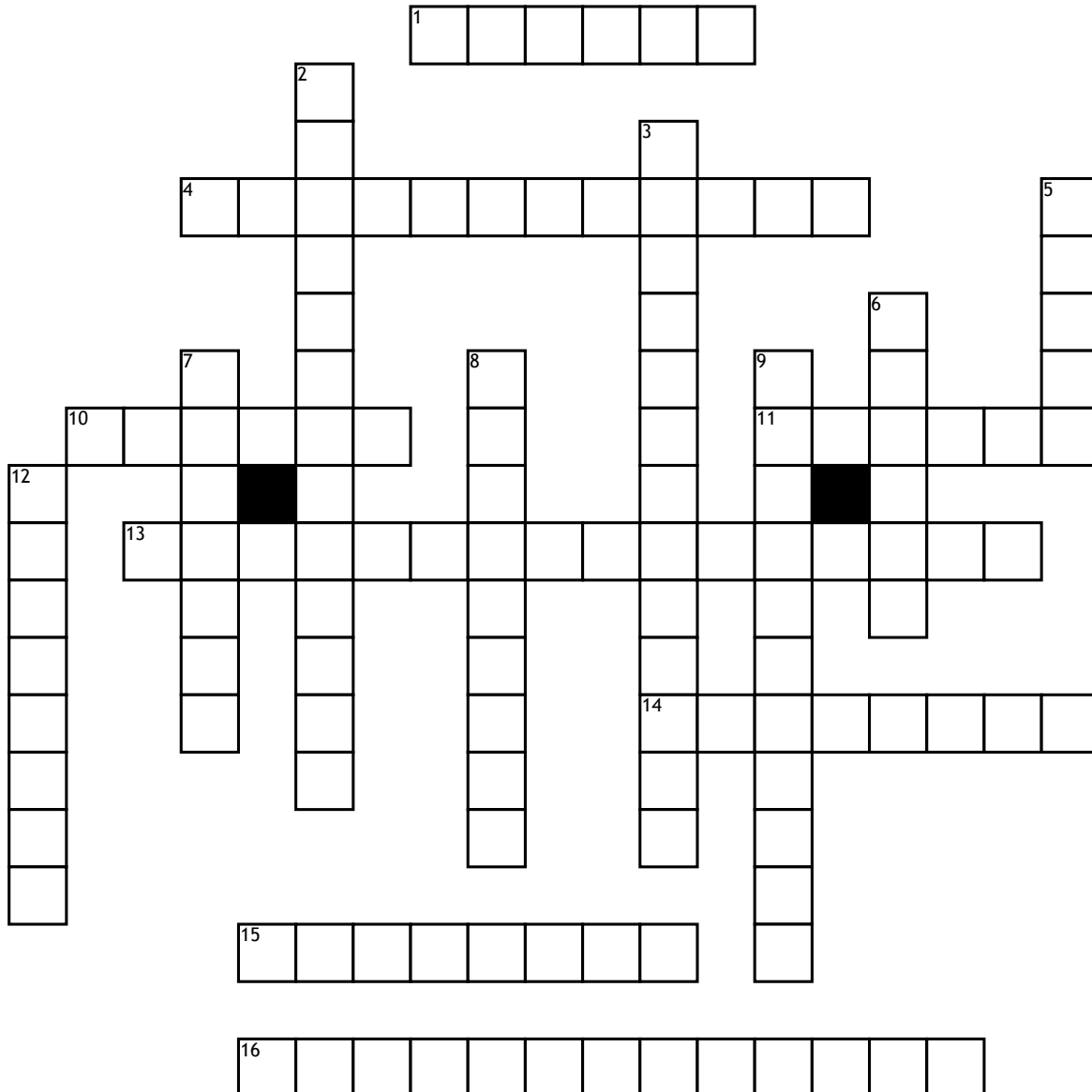


Nutrition



Across

1. Preparation that makes food high in fat
 4. Bones become fragile and break easily
 10. Largest food group in the MyPyramid
 11. Hearing the stomach growl
 13. Food Poisoning

14. Compounds found in food that help regulate body processes

15. Nutrients used to build and maintain its cells and tissues

16. Main Energy Source

Down

2. High Ratio of nutrients to Calories
 3. Substances added to food to produce a desired effect

5. Moves Waste in the digestive process

6. Physical Drive to Eat

7. A unit of heat used to measure energy your body uses

8. Process in which your Body takes in and uses food

9. Consuming saturated and trans fats increases _____ in your blood

12. Elements found in food that are used in the body