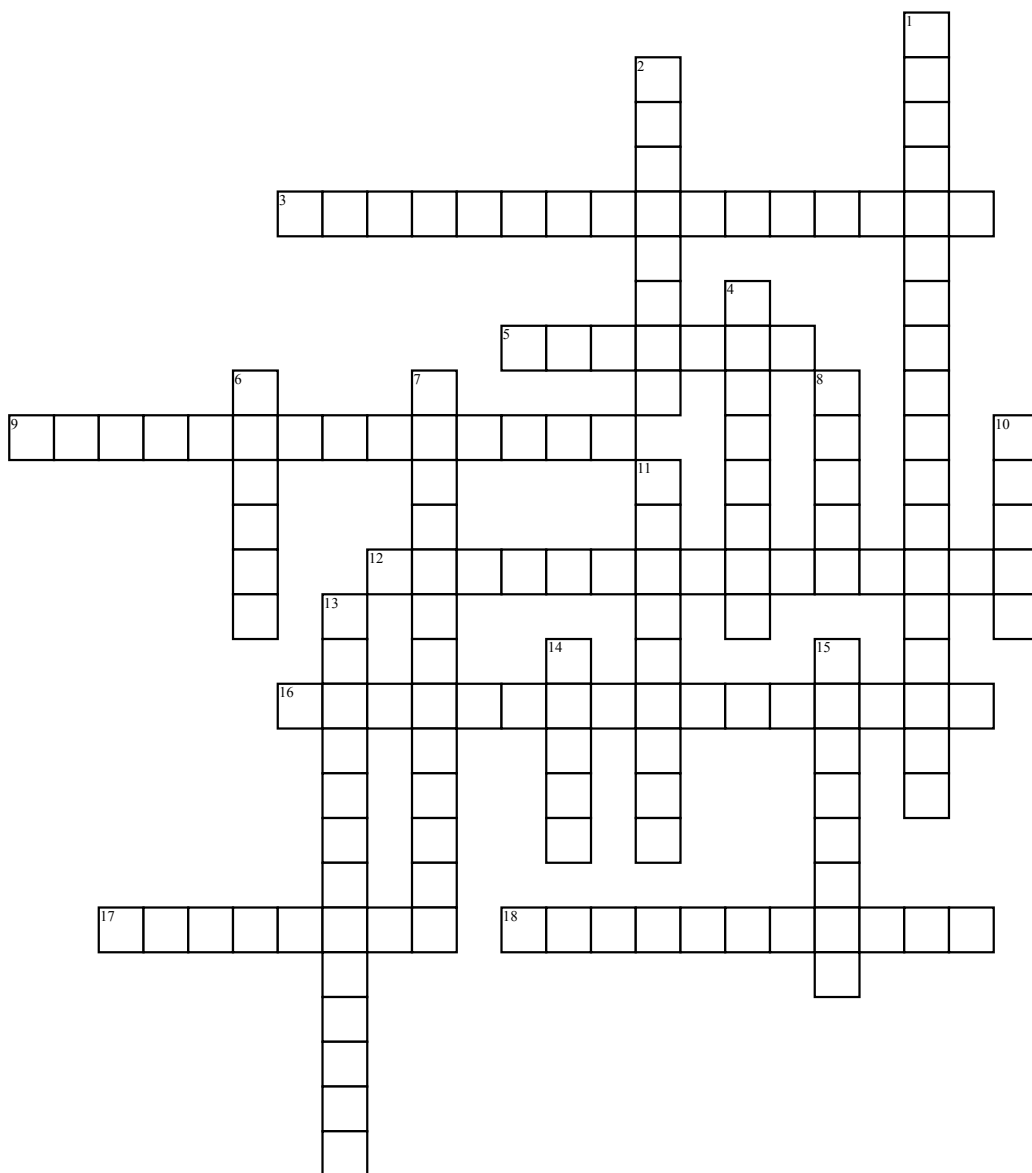


Name: _____ Date: _____ Period: _____

Nutrition



Across

- 3. food poisoning
- 5. nutrients that help build and maintain body cells and tissues
- 9. the process of treating a substance with heat to destroy or slow the growth of pathogens
- 12. negative reaction to a good or part of food caused by metabolic problem
- 16. a guide for making healthful daily food choices
- 17. compounds that help regulate many vital body processes

- 18. a condition in which the body's immune system reacts to substances in some foods

Down

- 1. the spreading of bacteria or other pathogens from one food to another
- 2. mental want for food
- 4. substances that the body cannot make but that are needed
- 6. physical drive for food
- 7. the starches and sugars present in food

- 8. vital to every body function; half your body weight in ounces

- 10. an indigestible complex carbohydrate

- 11. substances in food that your body needs to grow, to repair itself, and to supply you with energy

- 13. substances intentionally added to food to produce a desired effect

- 14. a fatty substance that doesn't dissolve in water

- 15. used by the body and the energy that food supplies to the body