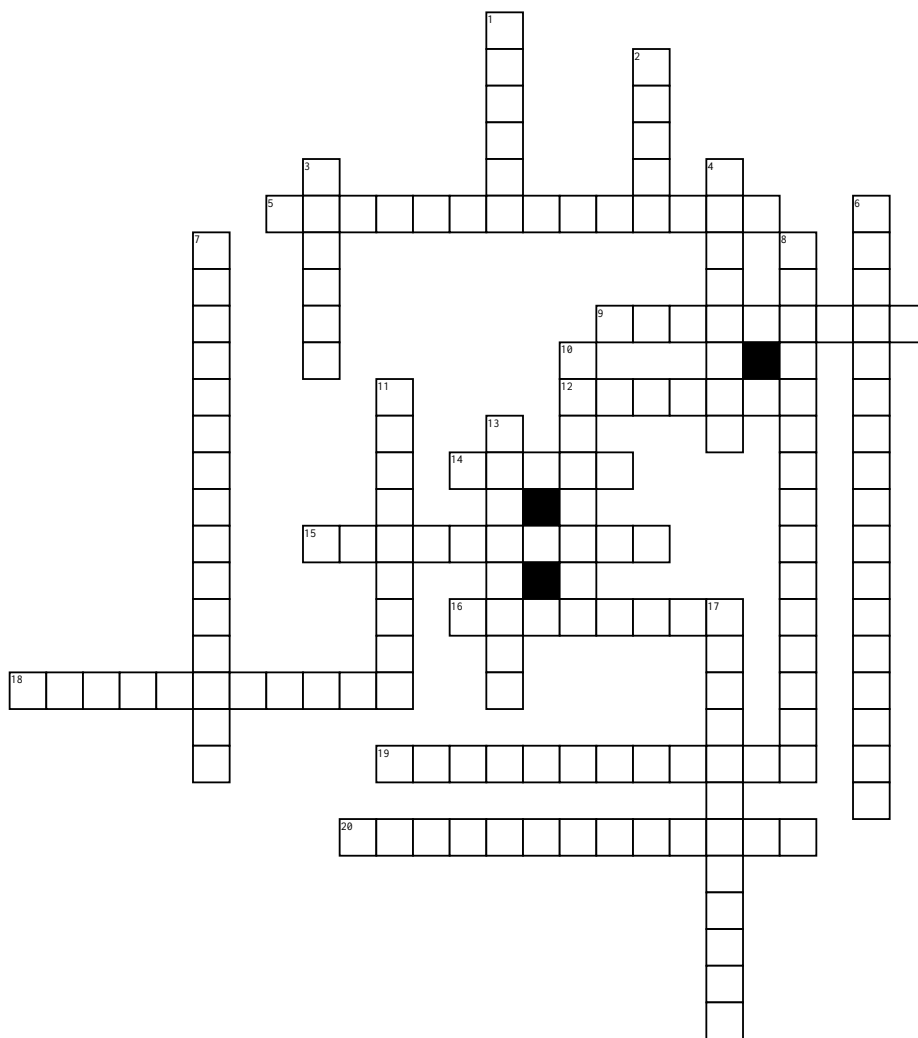


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition



## Across

5. What is the good type of fat?  
 9. What is the process of the body taking in and using food called?  
 12. What are the nutrients that help build and maintain body cells called?  
 14. What is an indigestible carbohydrate called?  
 15. What are proteins made up of?  
 16. What comes from the earth that the body cannot make?  
 18. What are the sugars in food?

19. What are the starches in foods?

20. What are the sugars and starches in food called?

## Down

1. What physical drive saves you from starvation?  
 2. What is another word for fat?  
 3. What does the lack of iron cause?  
 4. What do foods supply to the body?  
 6. Which protein is missing some amino acids?

7. Which protein contains all 9 amino acids?

8. What are harmful eating behaviors that can cause illness or death called?

10. What is the desire to eat also called?

11. What substances does your body need?

13. What helps with many vital body processes?

17. What is the unhealthy type of fat?

## Word Bank

Vitamins	Hunger	Anemia	Simple Carbs
Carbohydrates	Nutrients	Appetite	Eating Disorders
Nutrition	Minerals	Lipid	Complete protein
Fiber	Saturated fat	Calories	Incomplete protein
Unsaturated fat	Amino acids	Complex carbs	Protein