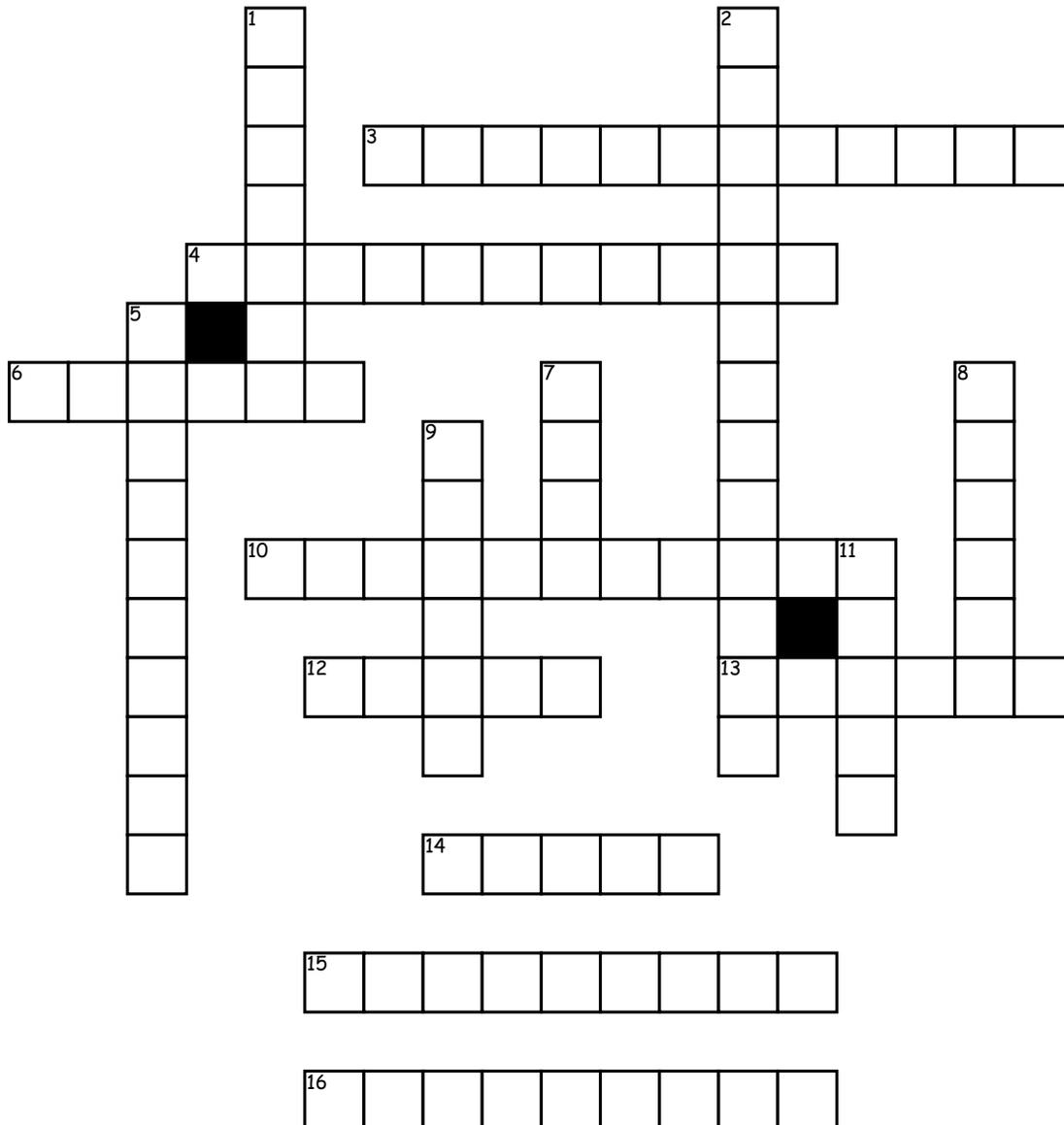


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrition



**Across**

3. The main side effect of an unhealthy diet is \_\_\_\_\_

4. \_\_\_\_\_ can cause irritability, dizziness, confusion and fever

6. Proteins help to boost the body's \_\_\_\_\_ system

10. Diabetics need to monitor and control \_\_\_\_\_

12. A person needs to consume 8-10 glasses of this daily daily

13. Hormone imbalance causes low \_\_\_\_\_ levels.

14. Low levels of Iron, Folate or B vitamins can cause symptoms that mimic depression, fatigue and \_\_\_\_\_ problems

15. Eating disorders prevent the brain from getting the \_\_\_\_\_ it needs.

16. Maintaining sobriety is easier when the body is healthy and \_\_\_\_\_

**Down**

1. A balanced meal will include \_\_\_\_\_ and Carbohydrates

2. The body gets most of its energy from \_\_\_\_\_

5. Protein and many hormones are made of \_\_\_\_\_

7. A reserve source of energy that the body uses when it runs out of carbohydrates is \_\_\_\_\_

8. People who abuse alcohol or drugs are 11 times more likely to have \_\_\_\_\_ disorders

9. A nutrient is a substance that promotes \_\_\_\_\_ and wellness in the body

11. Being too hungry or too full can cause \_\_\_\_\_ problems