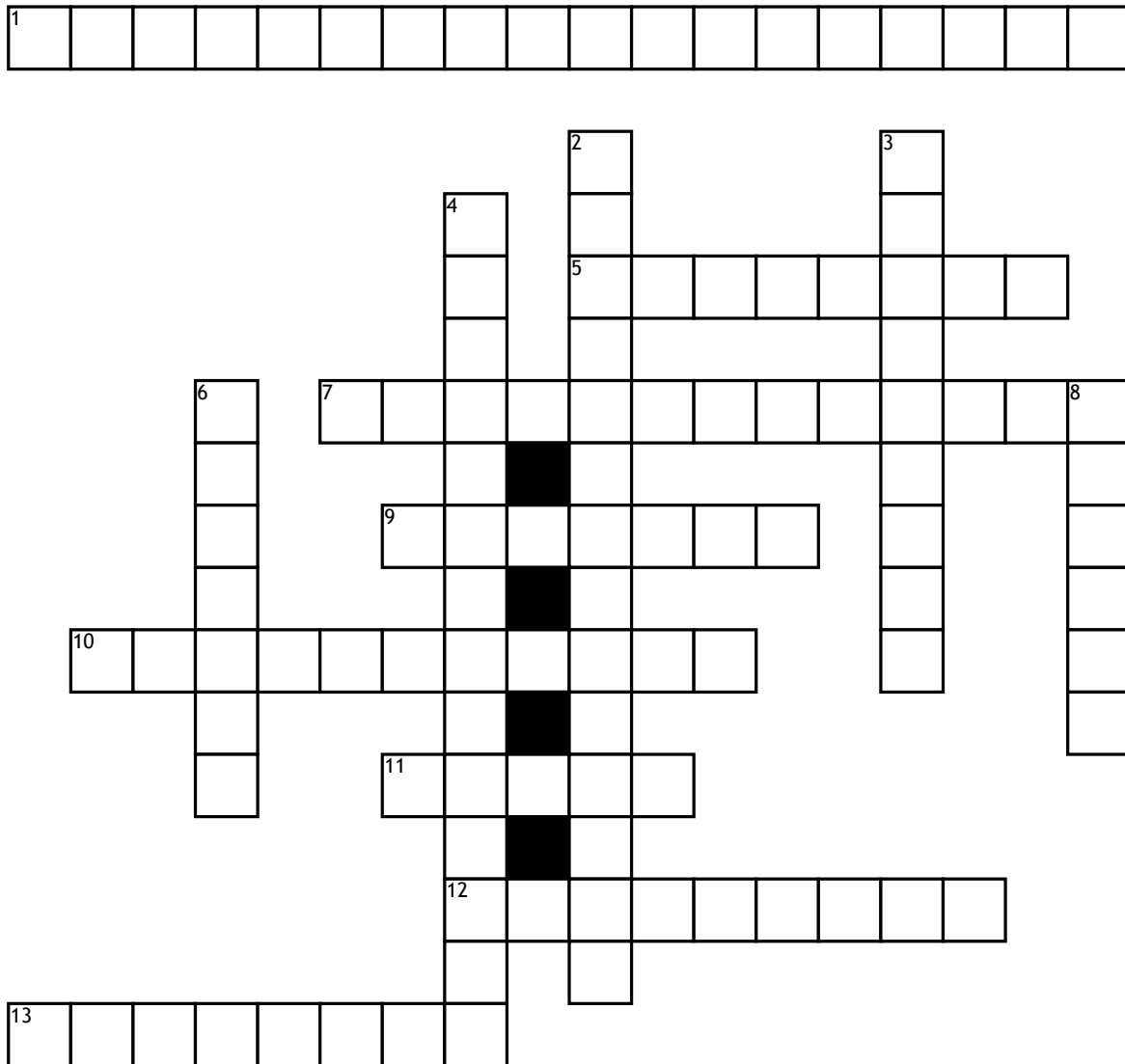


Name: _____ Date: _____ Period: _____

Nutrition



Across

- 1. Fat is an essential nutrient that supplies chemicals called?
- 5. Energy released by some nutrients is measured in?
- 7. The body's main energy source
- 9. This hormone is responsible for the digestion process

- 10. A white, waxy substance that helps the body carry out its many processes
- 11. Major complex carbohydrate (ex: Bran, Legumes)
- 12. What are chemicals in food that the body needs to work properly?
- 13. Special messengers that regulate many different body functions

Down

- 2. Nutrients the body needs in large quantities
- 3. A chemical process that causes unsaturated fats to spoil
- 4. Vitamins & Minerals the body needs in small quantities
- 6. A very important simple sugar
- 8. Major complex carbohydrate (ex: potatoes, pasta)