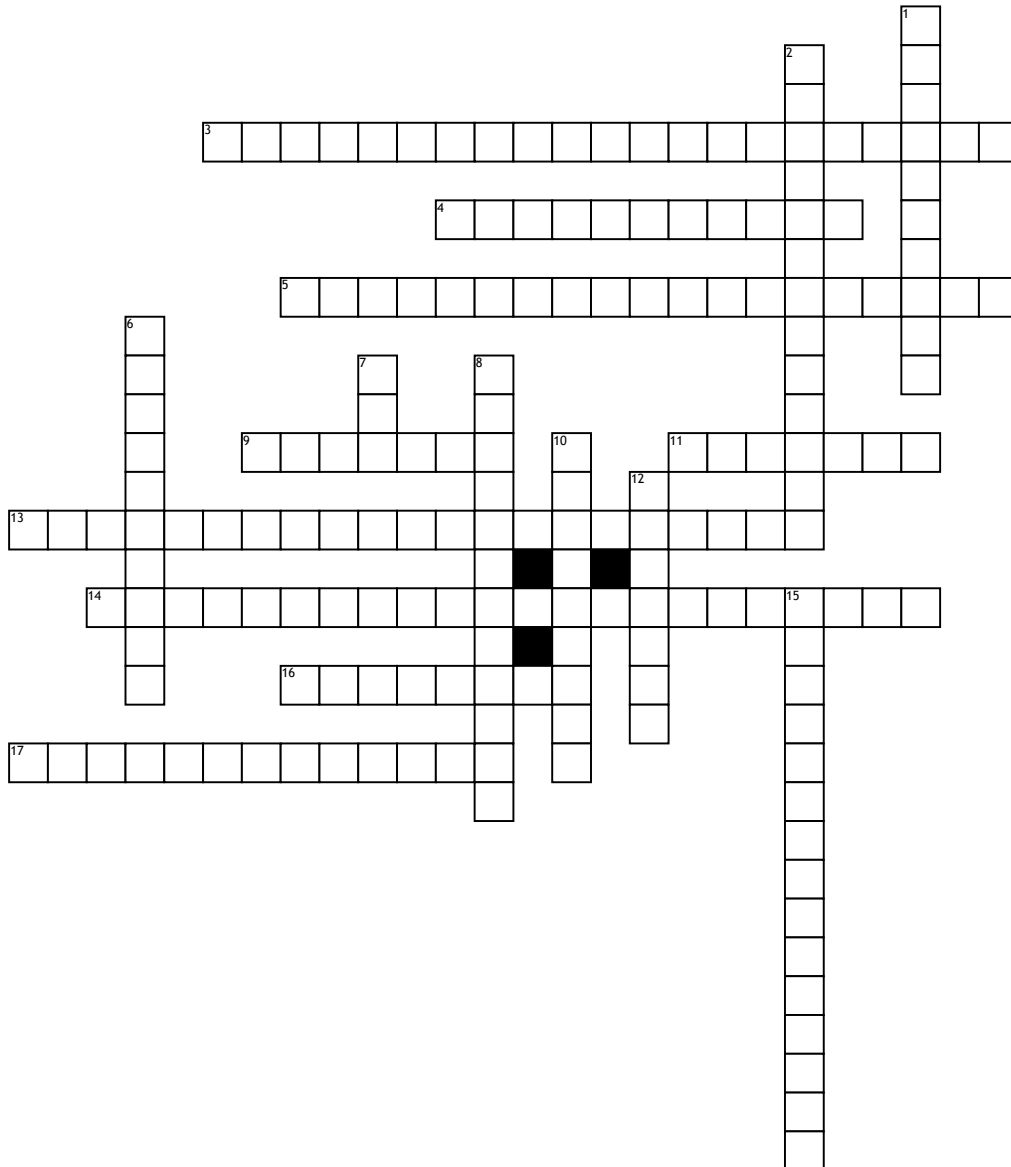


Name: _____

Date: _____

Nutrition



Across

- 3. carries cholesterol from the liver to areas in the body
- 4. fatlike substance produced in the liver; circulates in the blood
- 5. animal fats
- 9. Shared customs, traditions, beliefs of a group
- 11. build, maintain, repair muscles
- 13. liquid fats at room temperature; come from plants

- 14. picks up excess cholesterol and returns it to the liver

- 16. study of food

- 17. Body Fat

Down

- 1. eliminates meat, fish, poultry from their eating plans
- 2. starches and sugars
- 6. Building blocks of protein

- 7. supply a concentrated form of energy and help transport other nutrients to locations in the body

- 8. aids the body in digestion

- 10. substances in food

- 12. amount of energy needed to raise the temperature of 1 kilogram of water 1 degree

- 15. fats from oils processed into solids