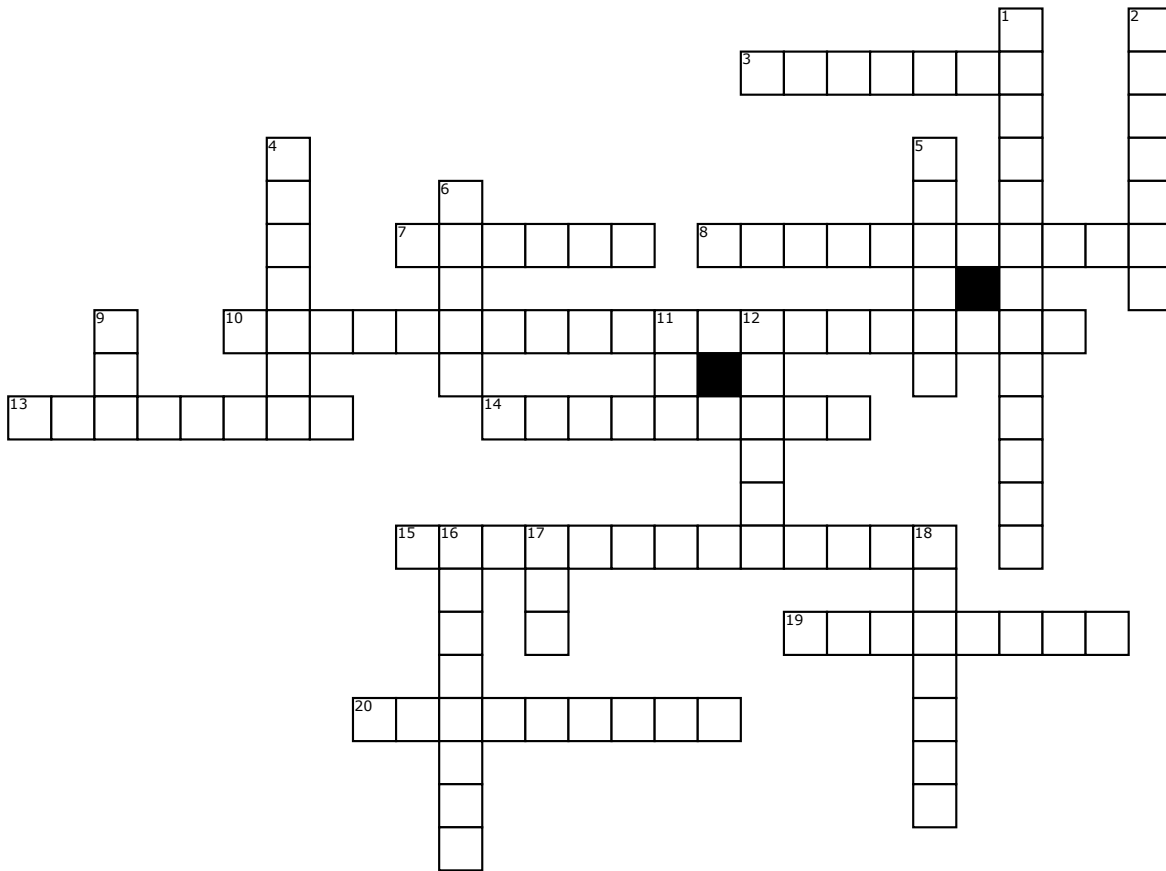


Nutrition Crossword Puzzle



Across

- 3.** causes of binging and purging
- 7.** long chains or carbs and hydrogen
- 8.** Carbs broken down quickly to use for energy
- 10.** Starch or sugars that are found in Beans, and Peas
- 13.** Units of energy
- 14.** essential for growth and the maintenance of life

- 15.** Organic compounds found in food
 - 19.** Sugar found in honey and fruit
 - 20.** Types of food necessary for health and
- Down**
- 1.** unhealthy fats
 - 2.** A sugar in milk that contains glucose "L"
 - 4.** A component of carbs that is a important energy source

- 5.** essential fatty acids found in fish oils
- 6.** carbs that you cannot Digest
- 9.** high dense carbs
- 11.** What every person did in P.E. 8th grade height X weight
- 12.** Strong desire for food
- 16.** natural desire for food
- 17.** the rate of energy expenditure per unit of time
- 18.** A common sugar