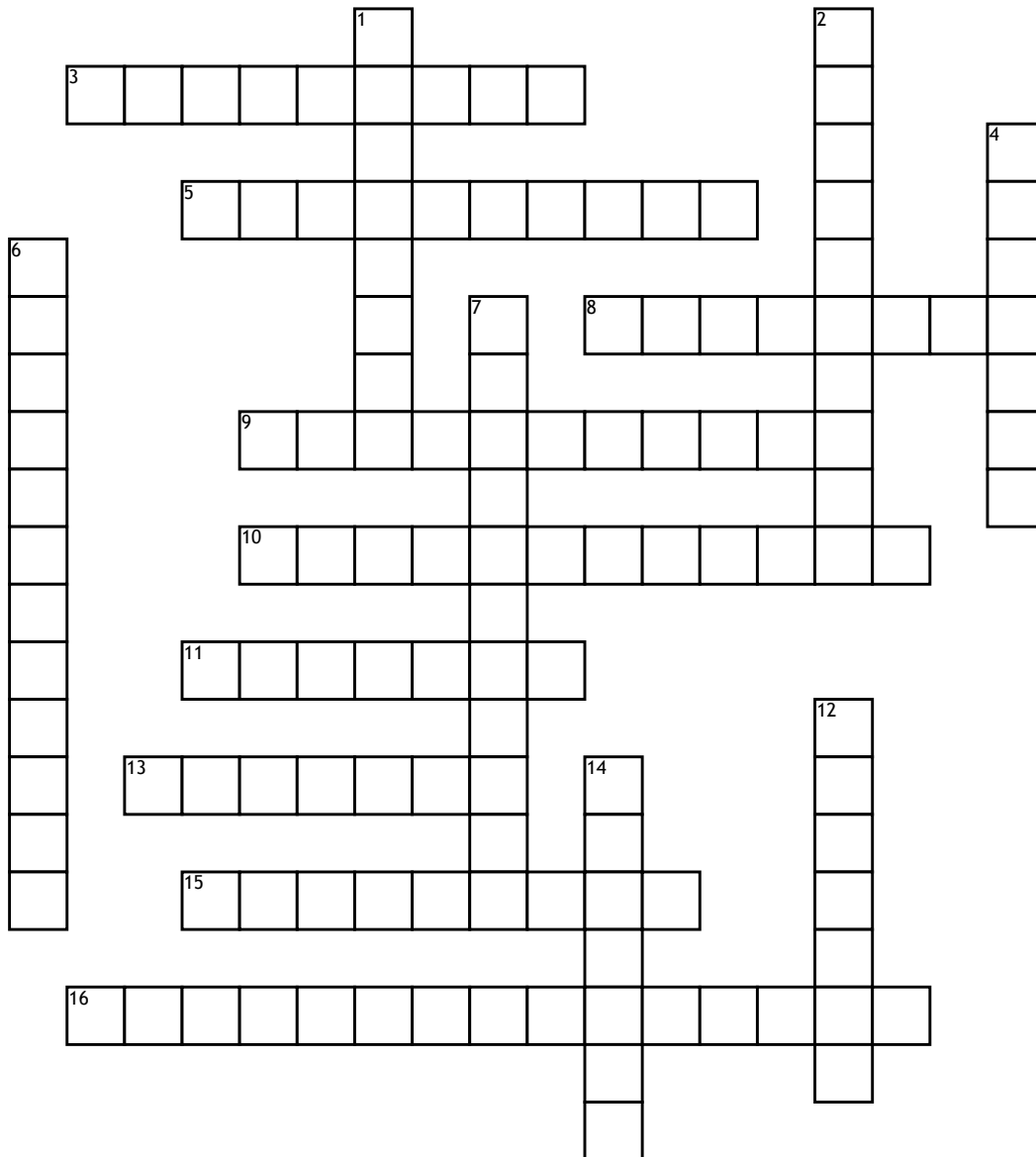


Name: _____

Date: _____

Nutrition Preview



Across

3. a guide that recommends the kinds and amounts of foods to eat each day
 5. rate at which food is converted into energy in body cells
 8. disease in which the body either produces little or no insulin
 9. nutrient that becomes electrically charged when in a solution such as a bodily fluid.
 10. a nutrient that is the main source of energy for the body.

11. A nutrient that helps the body use carbohydrates, proteins, and fats

13. eating disorder in which a person binges and purges

15. The sum of the processes by which humans, animals and plants consume and use food.

16. a common, sometimes food-borne illness that can be caused by viruses or bacteria

Down

1. a drug that helps a person have a bowel movement

2. substance that is added to the diet to increase the total dietary intake

4. a body weight that is 20% or more than desirable weight.

6. condition where there is too much insulin in the body, causing the blood sugar level to be low

7. a substance that protects cells from being damaged by oxidation

12. A unit of energy produced by food

14. A nutrient that is needed for growth and to build body tissue