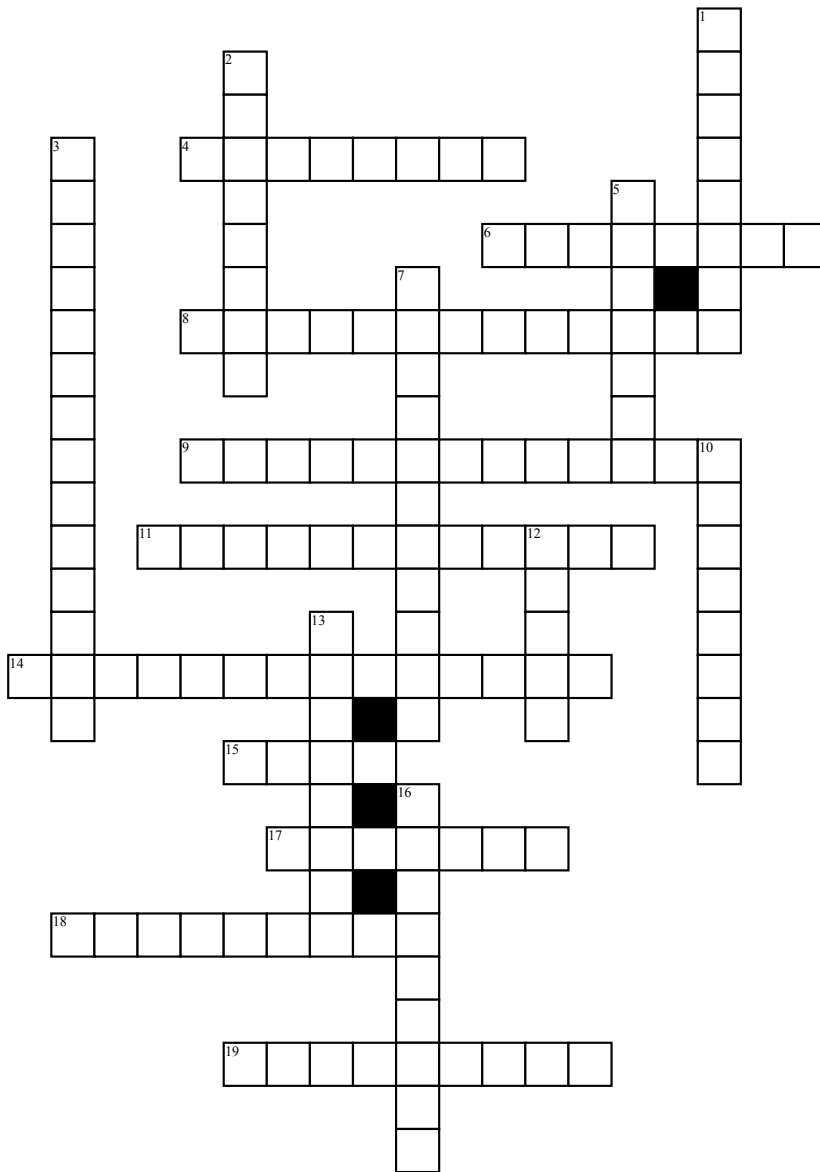


Nutrition Vocabulary



Across

4. a chemical that stimulates the nervous system and it is found in some beverages
 6. physical activity that keeps your body in shape
 8. nutrients made up of carbon and hydrogen and oxygen and it is your body's main source of energy
 9. foods with many nutrients compared to foods with few nutrients
 11. fats that raise cholesterol in the body and it is found in all animals products and tropical oil and mainly found in fast food and junk
 14. illness that involves harmful attitudes about the body and self and food and actions that are dangerous to health

15. the total balance of foods that you eat over a period of time
 17. a unit of measure for energy supplied by food or used by the body
 18. steps that are taken to prepare packaged food for marketing and sales
 19. chemicals found in food that the body needs to work properly and there are 6 main nutrient categories

Down

1. water and fat soluble substances that your body needs to assist in chemical reactions
 2. an unhealthy substance that is made through the chemical process of hydrogenation of oils
 3. fats that may lower cholesterol and are found mainly in vegetable oils and is better for us but in limited quantity

5. a type of nutrient that the body uses to build new cells and repair injured ones and also for muscle building
 7. fat like waxy substance that helps the body carry out many processes and yet may clog and block arteries
 10. a term used to describe foods with added nutrients
 12. plant materials that your body can't digest completely but help move waste out
 13. nutrients that aids the body in many processes such as tissue growth and repair and building strong bones and teeth
 16. simple guidelines to help you make healthy food choices