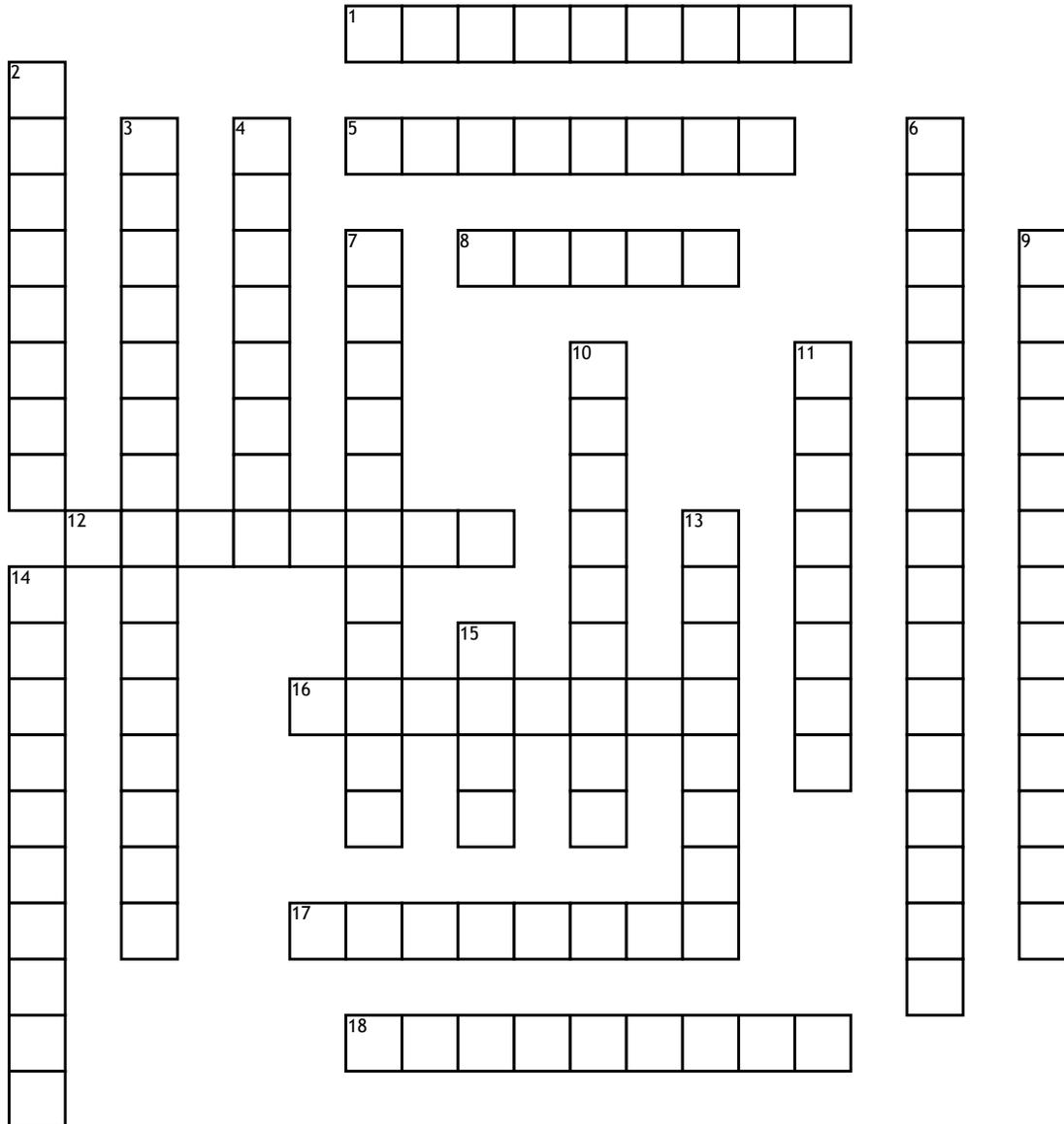


# Nutrition Vocabulary



## Across

1. the processes involved in taking in nutrients and assimilating and utilizing them

5. nutrients important for building muscle and blood tissues and for cell repair and replacement

8. makes up 50 to 70 percent of the body's weight and is necessary for virtually every function of the cells and body

12. important substance needed for proper repair of the skin and tissues; promotes the production of collagen in the skin's dermal tissues; aids in and promotes the skin's healing process

16. helps protect the skin from the harmful effects of the sun's UV light

17. nutrients required for many body functions to occur, including normal metabolism

18. a test for identifying a possible allergy in a client; aka "predisposition test"

## Down

2. the ability of the body to resist and destroy pathogens and respond to infection

3. immunity that is partly inherited and partly developed through healthy living

4. supports the overall health of the skin; aids in health, functions, and repair of skin cells; shown to improve the skin's elasticity and thickness

6. immunity that is developed after overcoming disease, through inoculation, or through exposure to natural allergens

7. substances that kill or slow the growth of bacteria and other microorganisms

9. nutrients needed for energy to run every function within the body

10. hypersensitivity disorders of the immune system

11. enables the body to properly absorb and use calcium, the element needed for proper bone development and maintenance. also promotes rapid healing of the skin

13. nutrients used by cells to produce important biochemicals that have many body functions

14. the science of designing the workplace as well as its equipment and tools to make specific body movements more comfortable, efficient, and safe

15. nutrients needed for many body functions, including hormones, sebum production, and absorption of fat-soluble vitamins A, D, E, and K