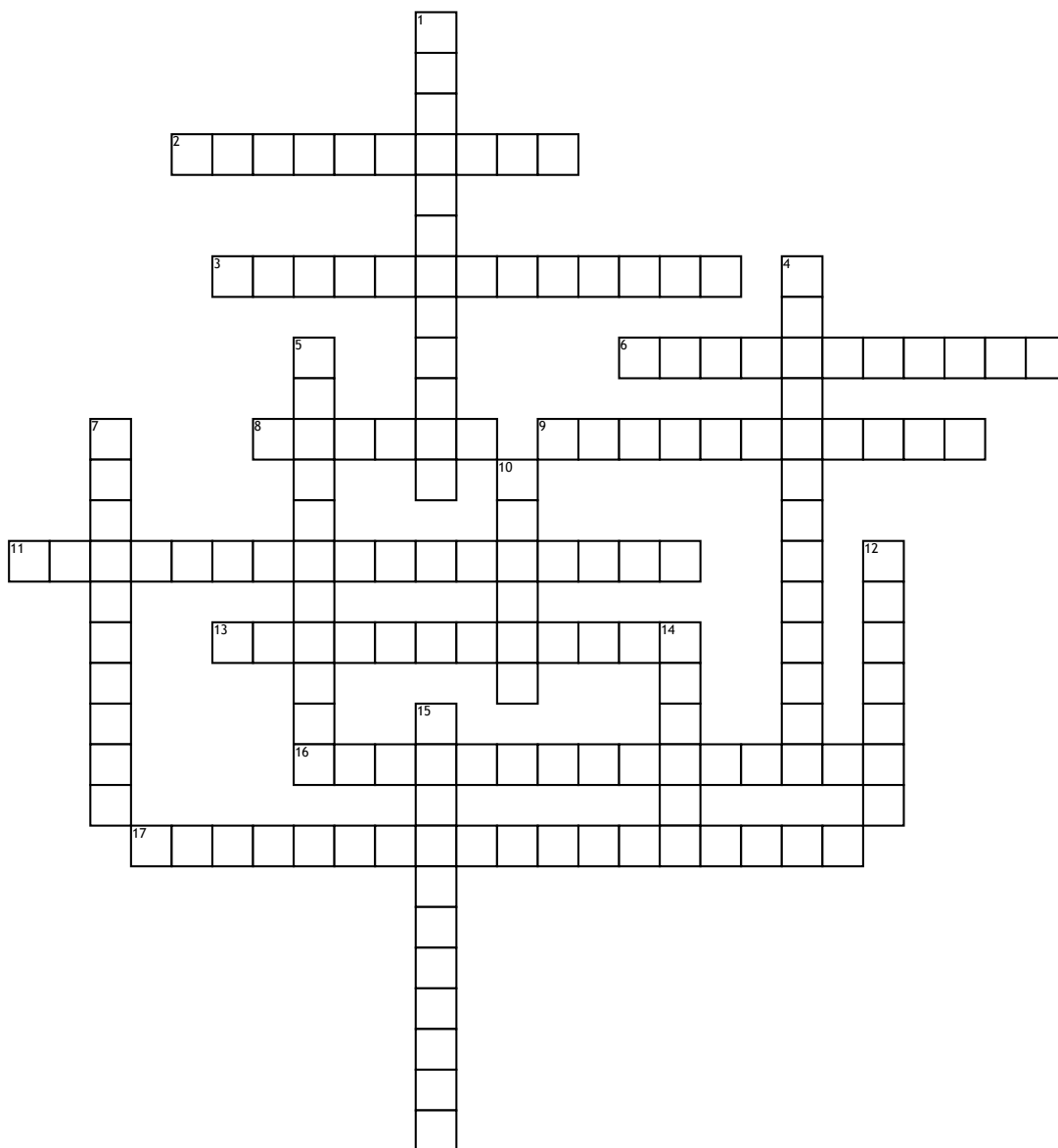


Name: _____ Date: _____ Period: _____

Nutrition Vocabulary



Across

2. Building blocks of protein
3. A condition in which bones lose their minerals and become porous, making them weak and fragile
6. Lack of adequate fluids in the body
8. An enlargement of the thyroid gland on the front and sides of the neck, usually symptomatic of abnormal thyroid secretion, especially hypothyroidism due to a lack of iodine in the diet.
9. A malnutrition disease, chiefly of children, caused by severe protein and vitamin deficiency and characterized by retarded growth, changes in pigmentation, potbelly, and anemia.

11. Nutrients taken in addition to foods eaten

13. Substances that can damage body cells

16. Carbohydrates, fats, proteins, vitamins, minerals, water

17. Fats that appear to raise the LDL cholesterol in the blood stream

Down

1. Major minerals that work together to maintain the body's fluid balance; includes sodium, potassium, and chloride

4. A process in which missing hydrogen atoms are added to an unsaturated fat to make it firmer in texture

5. Fat like substance present in all body cells that is needed for many essential body processes

7. Basic building block of fats

10. Deficiency of the hemoglobin, often accompanied by a reduced number of red blood cells and causing pallor, weakness, and breathlessness

12. Body's basic fuel supply

14. A disease marked by swollen and bleeding gums, livid spots on the skin, prostration, etc., due to a diet lacking in vitamin C.

15. Sugars that are added to foods such as baked goods