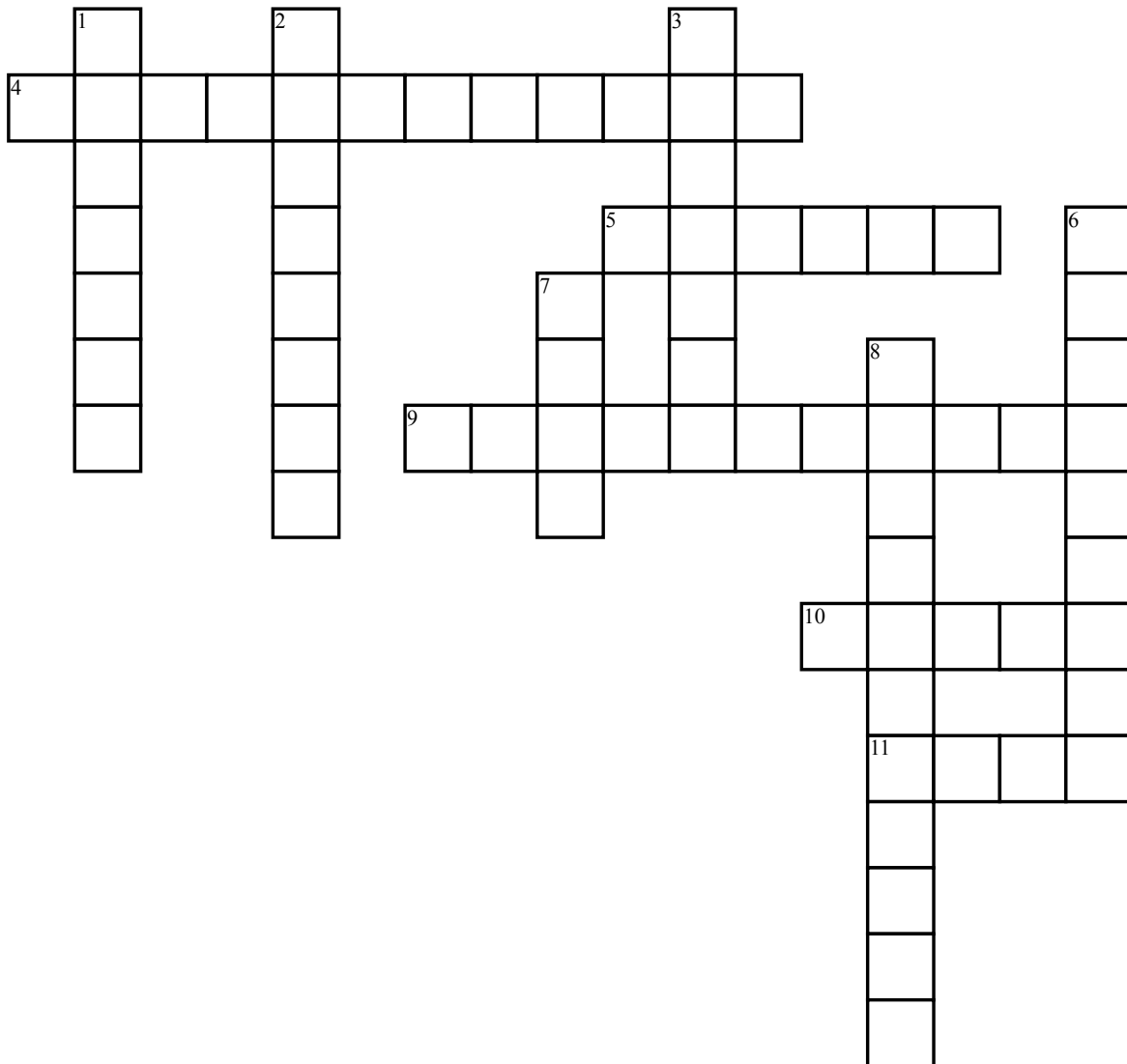


Name: \_\_\_\_\_

# Nutrition Vocabulary Crossword



## Across

4. a type of fat, usually found in animal sources, that is solid at room temperature
5. an alkaline chemical element; in relation to food, usually refers to salt
9. a waxy fat made by the body and essential part of cell membranes. High levels in the blood can lead to heart disease
10. plant food components, including plant cell walls, pectins, gums, and brans that the body cannot digest
11. the basic unit of mass and weight in the metric system

## Down

1. a mineral needed for building and maintaining the health of bones and teeth
2. a fat formed by adding hydrogen to liquid fat to make it solid at room temperature
3. a unit for measuring the energy produced by food when its metabolized in the body
6. one thousandth of a gram
7. a heavy metallic chemical element thats vital to biological processes (important for hemoglobin)
8. the amount in a single helping or portion of food or drink