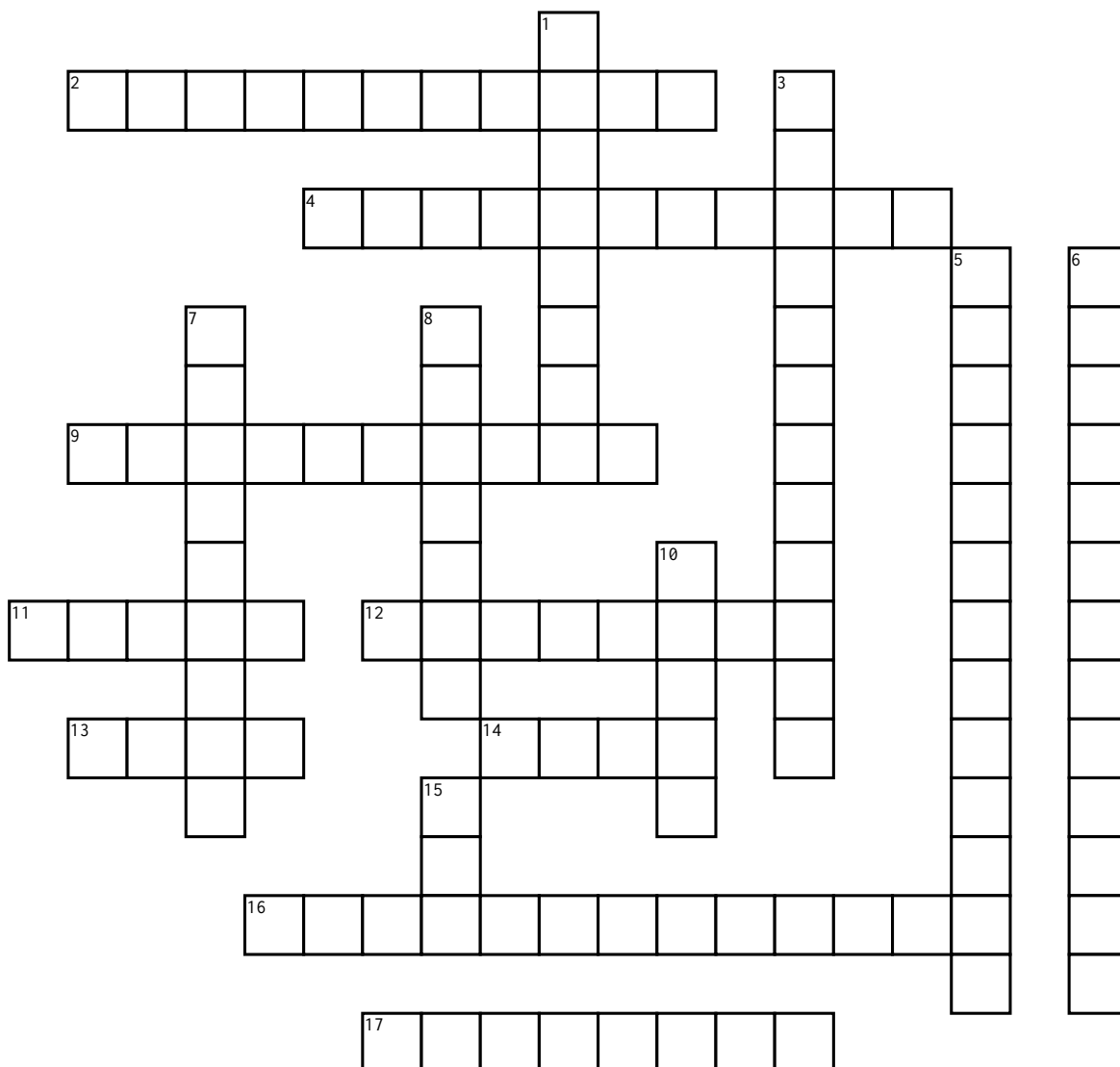


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition Vocabulary



## Across

- 2. waxy like substance needed to make cell walls, tissues, hormones, Vitamin D and bile acid
- 4. healthy fats
- 9. the chemical reaction in the body's cells to change food into energy
- 11. essential for all functions of the body
- 12. Organic compounds
- 13. used as our second source of fuel (energy)
- 14. how many calories you burn with exercise taken into account

- 16. The relationship between the energy you feed your body and the energy it expends

- 17. elements naturally occurring

## Down

- 1. primary building blocks of the body. They are used to build tissues like muscle, tendons, organs, and skin, as well as many other molecules vital to life, such as hormones, enzymes, and various brain chemicals
- 3. Disease of the bone causing it to become weak and brittle

- 5. Are the body's main source of energy. They are the sugars, starches, and dietary fiber that occur in plant foods and dairy products.

- 6. any of the nutritional components of the diet that are required in large amounts: protein, carbohydrates, fat and minerals

- 7. substances needed for growth and maintenance of life

- 8. unit of energy

- 10. aids in digestion preventing constipation

- 15. the amount of calories you need for basic life functions