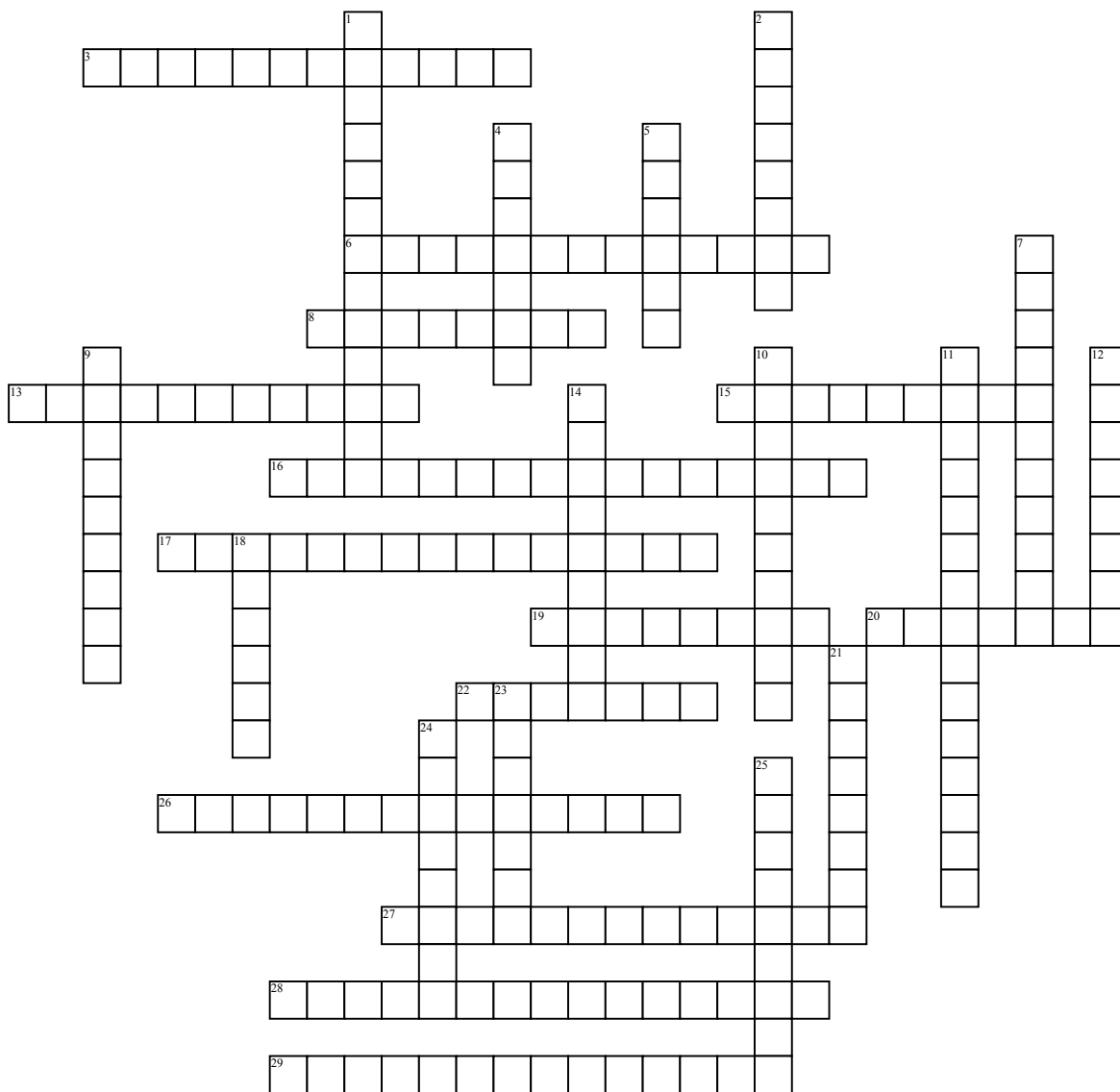


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# Nutrition and Dietary Disorders



## Across

- 3. Nutritional Diagram
- 6. Can come as simple like sugar or complex like starch
- 8. Needed for rebuilding cells and making new ones in the body
- 13. The essential ones of these cannot be made by the human body
- 15. Indigestible component of plant cell
- 16. A fat that is liquid at room temperature
- 17. Sometimes called "glycans"
- 19. Loss of appetite for food: Eating disorder
- 20. Hormone that lowers the level of glucose in the blood

- 22. Condition of being overweight or grossly fat
- 26. Only needed in small amounts but vital for proper functioning
- 27. Sucrose, Lactose, Maltose
- 28. Simple sugars consist of one sugar unit. Ex: Glucose
- 29. Found in butter; a solid

## Down

- 1. Backbone of many types of lipids
- 2. Disease where the insulin in the body is impaired
- 4. Energy that fuels the body
- 5. Complex carbohydrate
- 7. Fat-like substance that is found in every cell of the body

- 9. Commonly known as water pills
- 10. Break down of food into energy
- 11. Measures nutritional status in adults
- 12. Stored form of glucose
- 14. Nourishing
- 18. Source of stored energy in the body
- 21. Humans need five of these in their body
- 23. Eating disorder that involves forceful vomiting
- 24. Needed in small amounts to keep growth and metabolism in the body
- 25. Unhealthy diets that promise quick weight loss