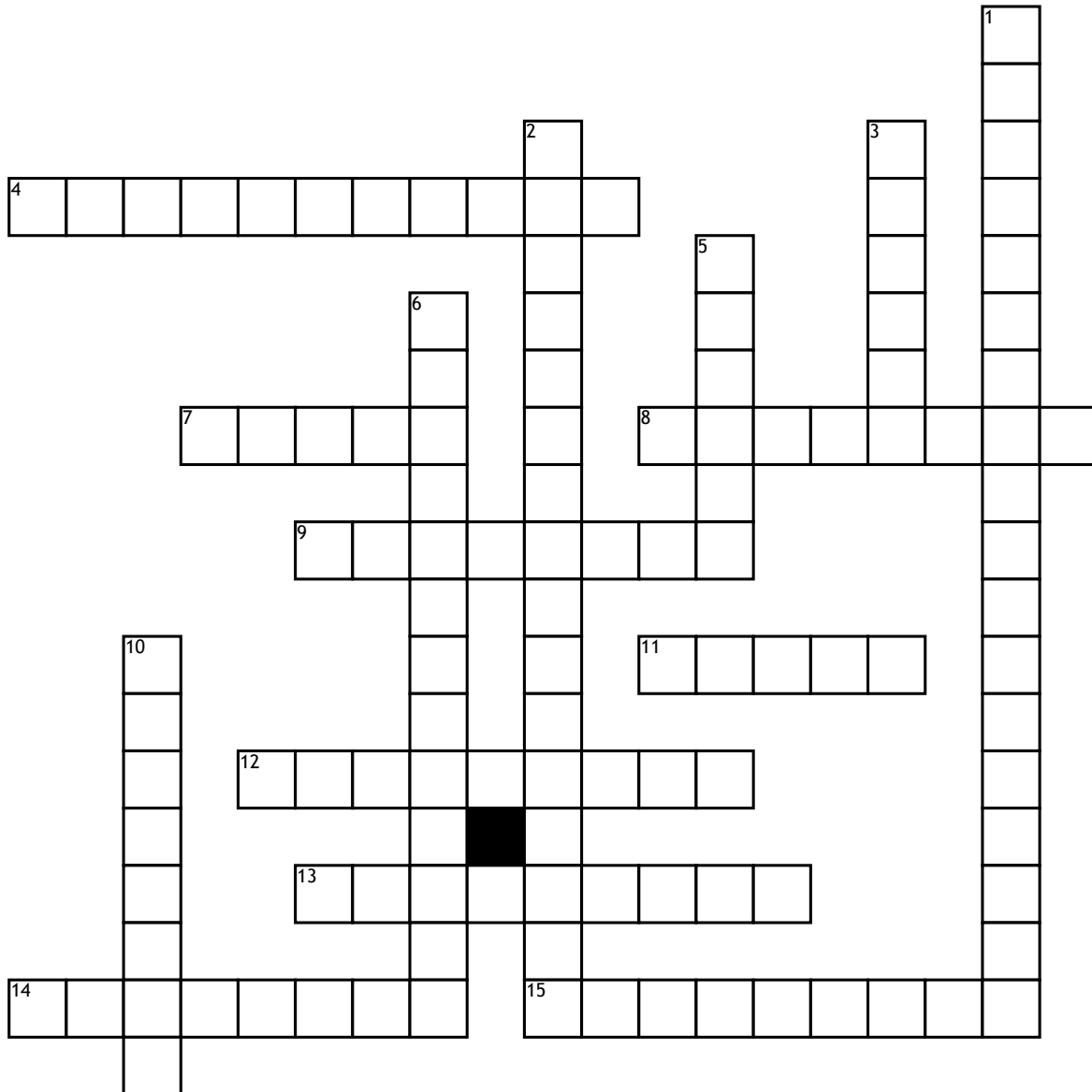


Name: _____

Date: _____

Nutrition and Physical Activity



Across

- 4. a waxy lipidlike substance that circulates in blood
- 7. an indigestible complex carbohydrate
- 8. The units of heat that measure the energy used by the body and the energy that foods supply to the body.
- 9. Nutrients that help build and maintain body cells and tissues
- 11. a fatty substance that does not dissolve in water

Down

- 12. The process by which the body takes in and uses food
- 13. The substances in food that your body needs to grow, to repair itself, and to supply you with energy
- 14. compounds that help regulate many vital body processes, including the digestion, absorption, and metabolism of other nutrients
- 15. complex carbohydrates

Down

- 1. lack one or more of the essential amino acids
- 2. contain adequate amounts of all nine essential amino acids
- 3. a natural physical drive that protects your from starvation
- 5. simple carbohydrates
- 6. the starches and sugars present in foods
- 10. a desire, rather than a need, to eat