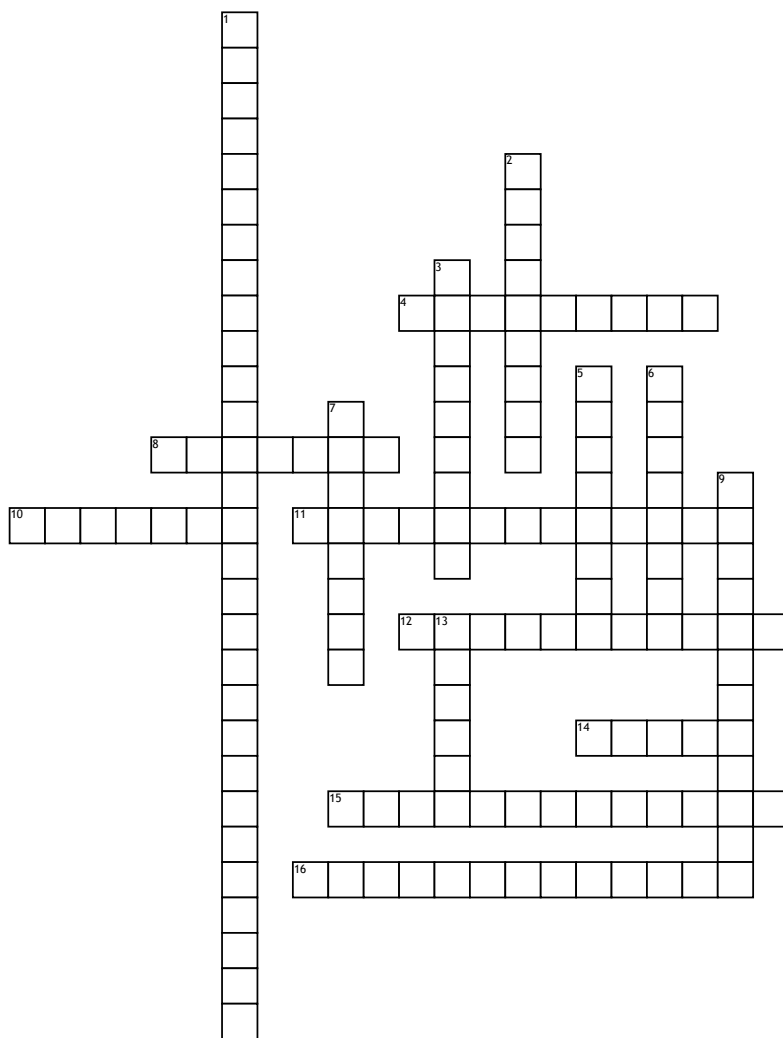


Name: _____ Date: _____ Period: _____

Nutrition for health



Across

4. Substance in food that your body needs to live
8. The energy your body uses
10. Nutrients the body uses to build and maintain its cells and tissues
11. Starches and sugars found in food
12. A waxy fat like substance

14. A tough complex carbohydrate that the body cannot digest
15. A high ratio of nutrients to calories
16. Substance added to food to produce a desired effect

Down

1. A set of recommendations about health
2. A guide to eating health

3. The process by which your body takes in food and uses it
5. Elements found in food that are used by your body
6. Psychological desire for food
7. Compound found in food that helps regulate body systems
9. A condition in which the bones become fragile and break easily
13. The drive to eat

Word Bank

Calorie
Nutrition
Nutrients
Carbohydrates
Food additives
Osteoporosis

Nutrient-dense
Hunger
Vitamins
Dietary guidelines for Americans
My pyramid

Appetite
Fiber
Minerals
Cholesterol
Protein