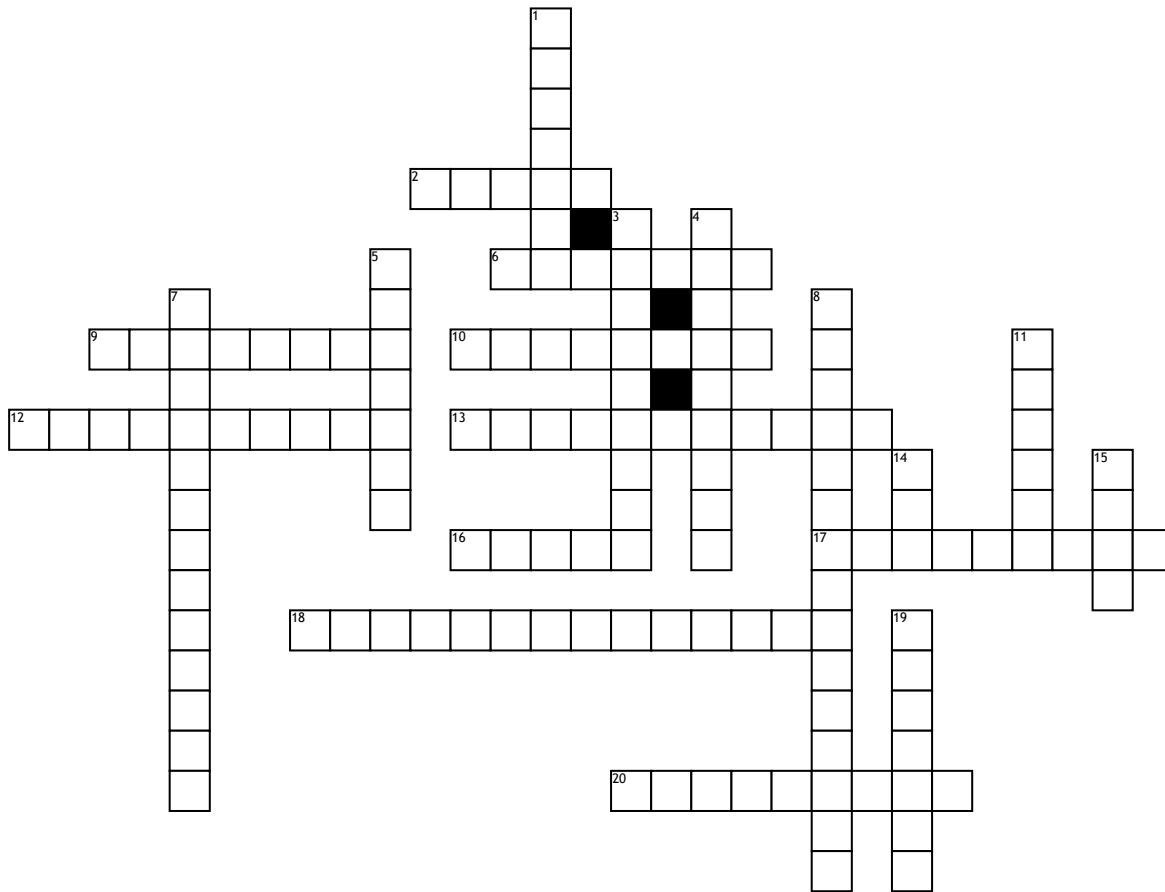


Name: _____

Nutrition puzzle



Across

- 2. a complex carbohydrates found in plants
- 6. takes glucose into cells
- 9. one of the most harmful fats
- 10. The unit used to measure how much energy in a food
- 12. chemical process that take place in the cells after the body absorbs nutrients
- 13. a fat like substance that only occurs in food or animal substance
- 16. cereals and pastas

- 17. one of the most harmful fats

- 18. a substance to look for in food and bread

- 20. Food needed for growth and health

Down

- 1. A source of energy
- 3. A chemical substance in food that helps ,maintain the body
- 4. The Process of breaking down food in to simpler compounds

- 5. One of the six basic types of nutrients

- 7. source of energy in fruit and veggies

- 8. type of unsaturated fat

- 11. A mucus, and enzyme, containing liquid made by the mouth

- 14. what body uses for fuel

- 15. one way to slim down on weight

- 19. The main fuel for the body