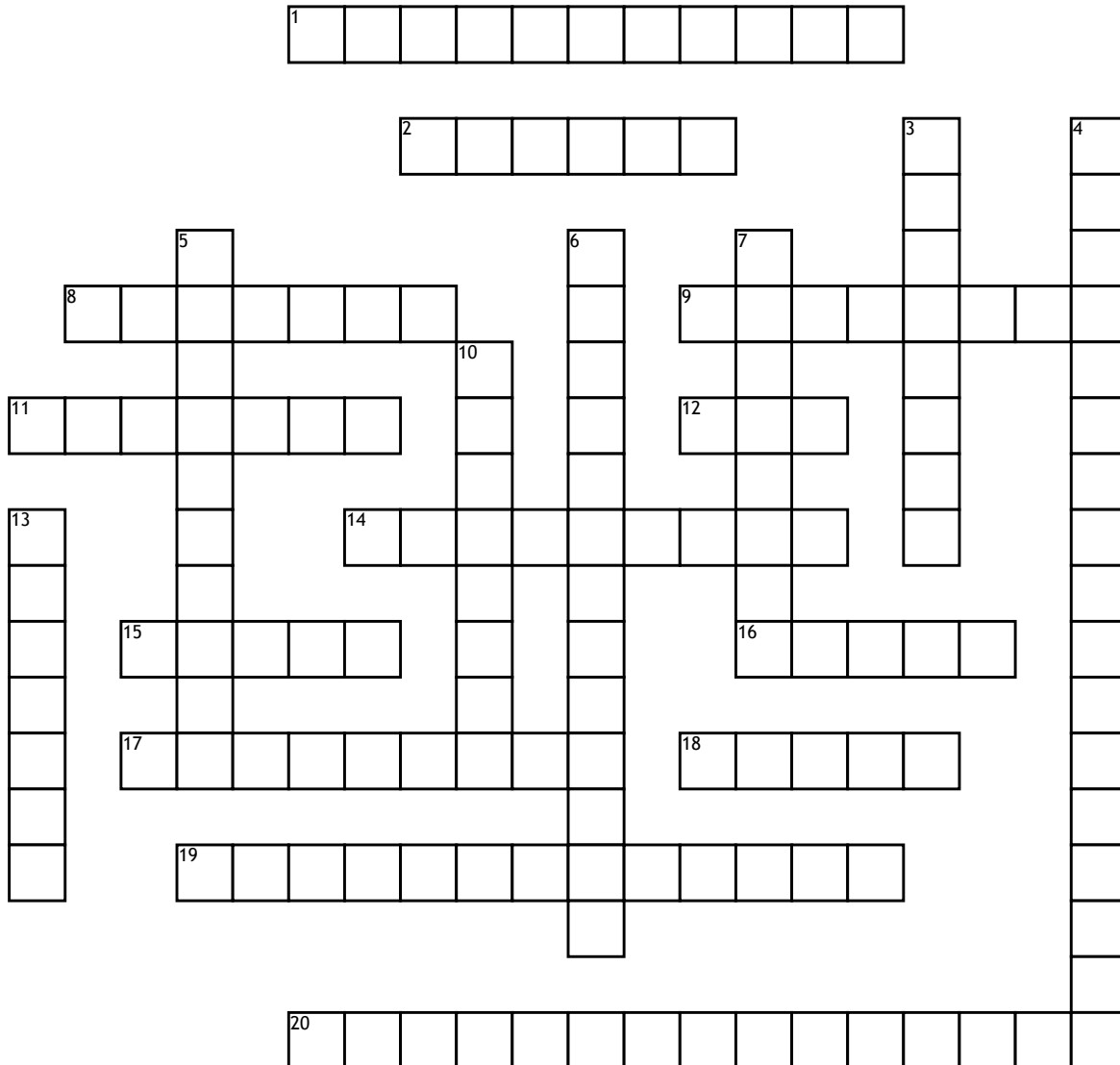


# Tobacco, Alcohol & Nutrition



## Across

1. A waxlike substance our bodies produce and need in small amounts.
2. A mineral that helps control the amount of fluid in your body.
8. A mineral that helps your body build healthy teeth and bones.
9. A drug that speeds up the heartbeat and affects the central nervous system.
11. A unit of heat that measures the energy available in foods.
12. A thick, oily, dark liquid that forms when tobacco burns.
14. Destruction and scarring of liver tissue.
15. The tough, stringy part of raw fruits, raw vegetables, whole wheat, and other grains, with you cannot digest.

16. Finely ground tobacco that is inhaled or held in the mouth between the lower lip and gum.
17. A disease that occurs when the tiny air sacs in the lungs lose their elasticity, or ability to stretch.
18. The various methods of communicating information including newspapers, magazines, radio, television, movies, and the Internet.
19. Fats found mostly in animal products such as butter, meat, milk, and egg yolks.
20. Tobacco smoke that stays in the air.

## Down

3. Essential for the growth and repair of all the cells in your body.
4. Intense physical activity that requires short bursts of energy.

5. The physical and mental need for alcohol.
6. The main source of energy for your body.
7. Substances that help regulate body functions.
10. Planned, structured, repetitive physical activity that improves or maintains physical fitness.
13. A substance that is produced by a chemical reaction in some foods.