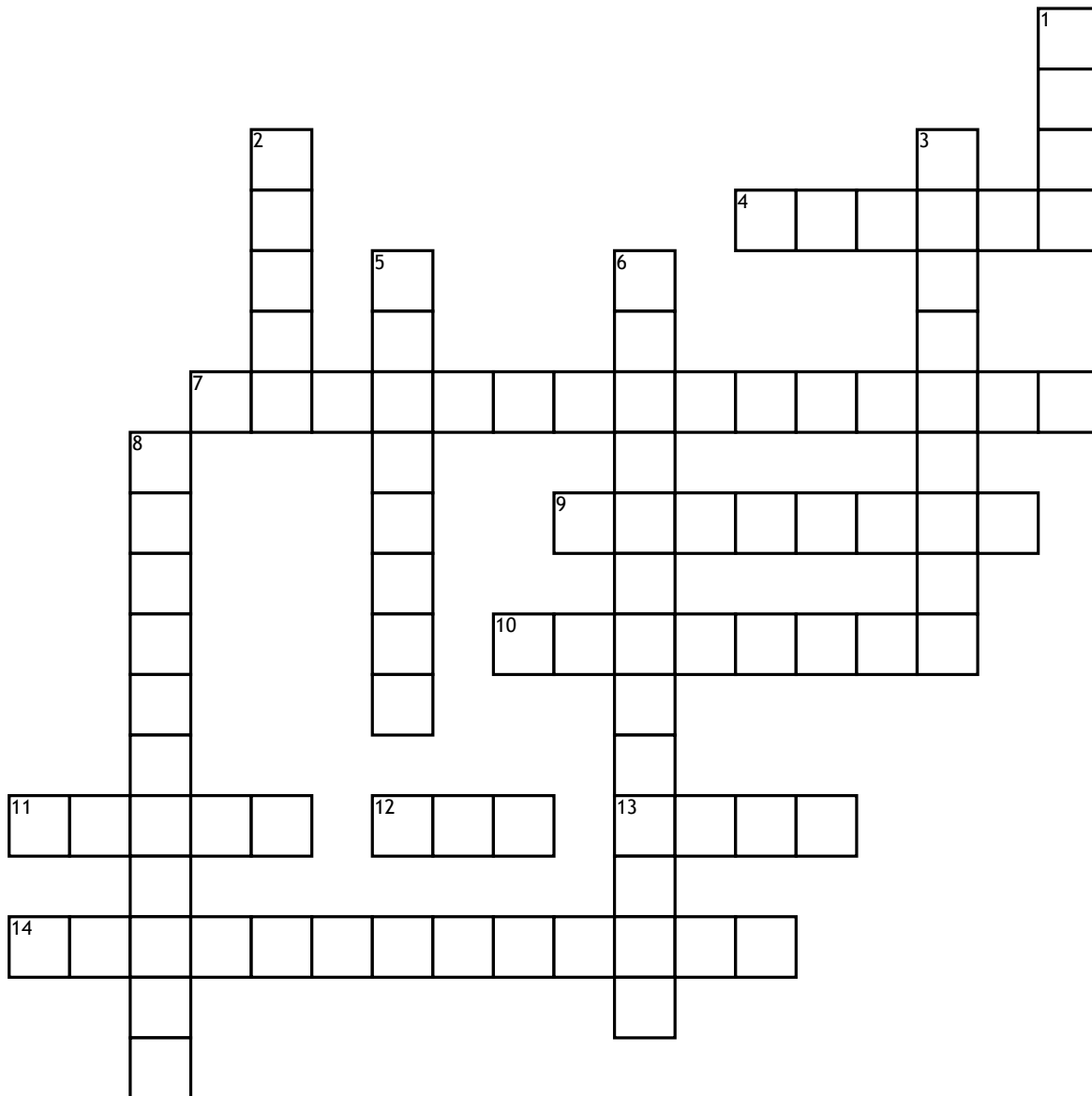


Name: _____

Date: _____

nutrients



Across

4. Unsaturated fats are usually _____ at room temperature.
7. Fat formed when hydrogen is added to vegetable oil during processing.
9. The nutrient group used to build and repair cells.
10. _____ are compounds that help regulate body processes.
11. Essential to every body function you have.

12. LDL is known as the _____ cholesterol

13. _____ are nutrients that promote normal growth, give you energy, and keep your skin healthy.

14. Sugars and starches found in foods

Down

1. HDL is known as the _____ cholesterol

2. The body cannot break down or use for energy.

3. Substances in foods that your body needs to grow, have energy, and stay healthy.

5. _____ are substances the body uses to form healthy bones and teeth, keep blood healthy, and keep the heart and other organs working properly.

6. _____ are fats that are usually solid at room temperature.

8. waxy, fat-like substance that the body uses to build cells and make other substances.