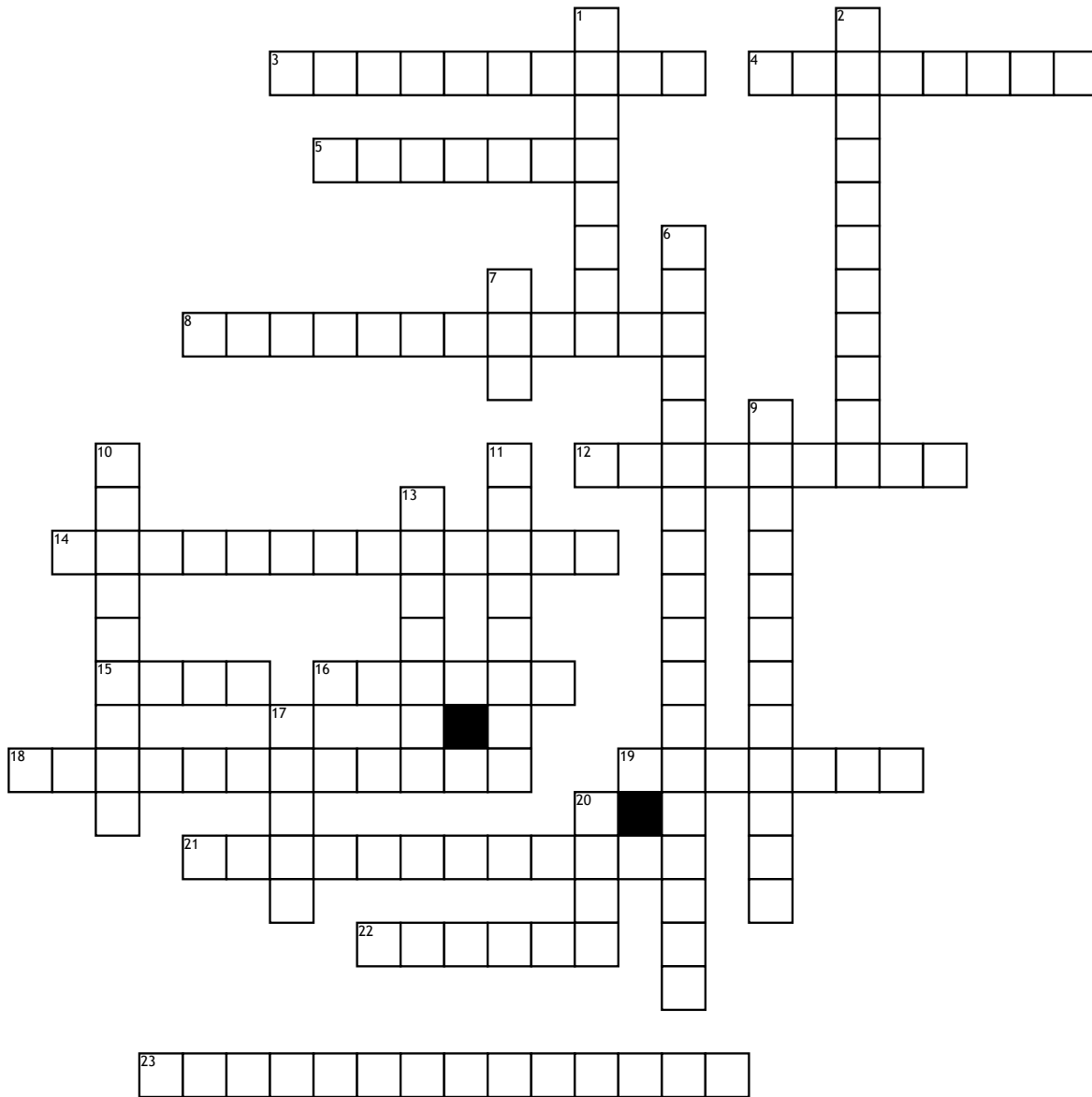


nutrition



Across

- 3. The building blocks of proteins.
- 4. amount of vitamins humans need
- 5. Your body breaks down carbs into simple sugar molecules, such as _____.
- 8. A condition in which the bones become extremely thin and brittle and break easily, due largely to insufficient calcium intake.
- 12. Most food-borne illness are caused by _____.
- 14. During high-intensity exercise, muscles use this for fuel.
- 15. About 20% of your daily water intake comes from _____.
- 16. Iron deficiency is called _____.
- 18. Some vitamins act as _____, which help preserve the health of cells.

- 19. Foods grown and produced under strict guidelines limiting the use of pesticides, nonorganic ingredients, hormones, antibiotics, genetic engineering, irradiation, and other practices.
 - 21. To build a healthy eating style, base your food group goals on an appropriate level of _____.
 - 22. _____ & vegetables should make up half your plate.
 - 23. An essential nutrient required by the body in large amounts.
- Down**
- 1. Inorganic (non-carbon-containing) elements you need in relatively small amounts to help regulate body functions, aid in growth and maintenance of body tissues, and help release energy.
 - 2. The measure of energy content in food.

- 6. Substances your body must get from foods because you either cannot manufacture them, or not fast enough to meet your needs.
- 7. Set standards for nutrient intakes designed to prevent nutritional deficiencies and reduce the risk of chronic diseases.
- 9. These include starches and most dietary fibers.
- 10. Unsaturated fatty acids are _____.
- 11. Carbon-containing (organic) substances required in small amounts to regulate various processes within living cells.
- 13. Essential nutrient that forms important parts of the body's main structures, blood, enzymes, hormones, cell membranes, and provides energy.
- 17. What are the nondigestible carbs in plants?
- 20. The major fuel source for your body while at rest or during light activity.