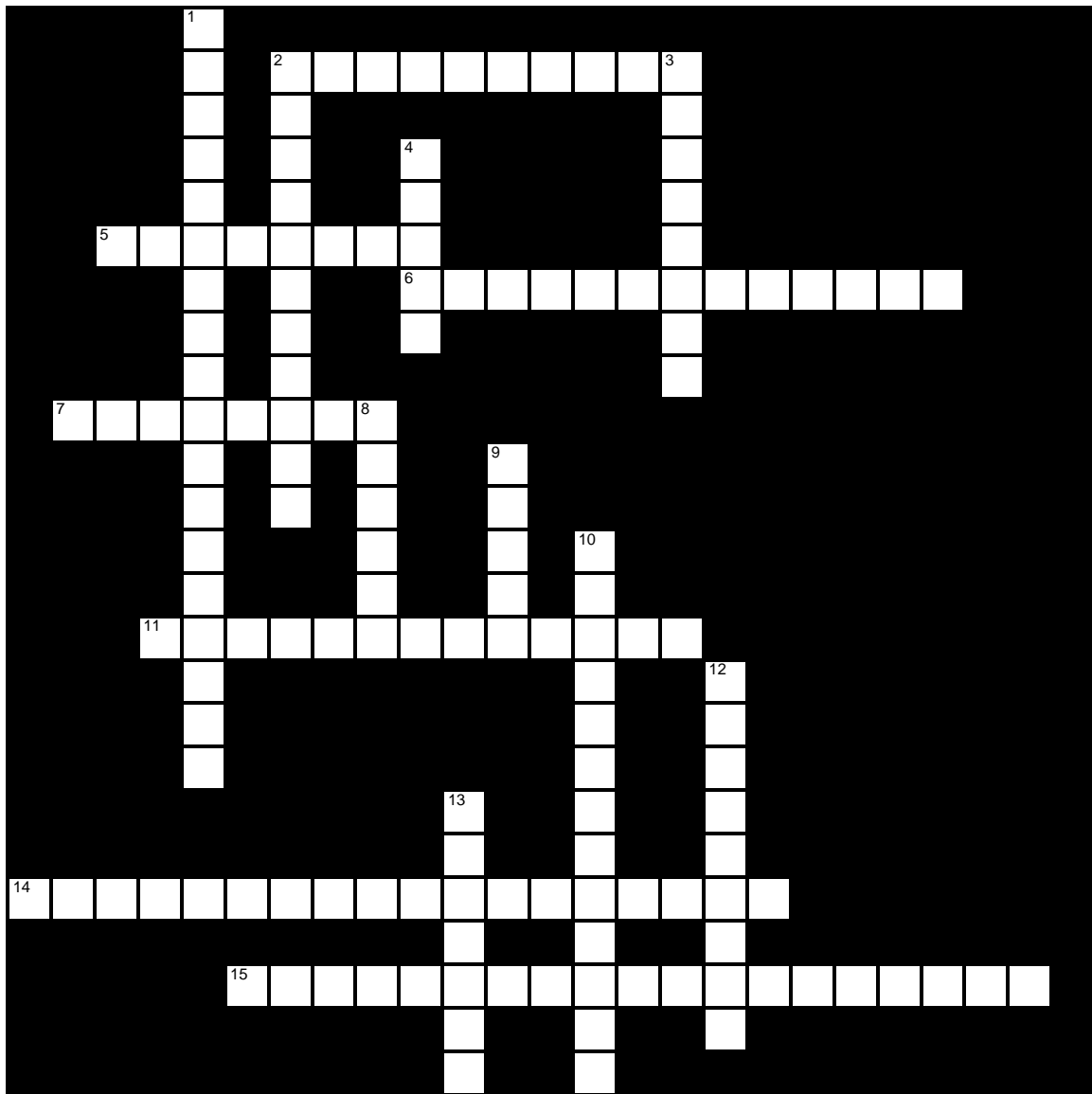


FOOD NUTRITION TERMS CROSSWORD PUZZLE

Name _____

Date _____



Across

- 2 A range of processes that occur within the body of any living organism. (10)
- 5 A body's source for proper nutrition and nourishment. (8)
- 6 Calories consumed that are equal to no nutritional value (5,8)
- 7 Any number of complex chemical substances that are needed by the body in small amounts to maintain normal growth and function. (8)
- 11 Any of a group of organic compounds, including sugars, starches, and cellulose; it is a major source of energy for all animals. (13)
- 14 A carbohydrate that is composed of three or fewer linked simple sugars. (6,12)
- 15 A type of carbohydrate made up of simple sugars linked together as a polymer chain. (7,12)

Down

- 1 Amino acid that cannot be produced by the body; therefore it must be consumed in as part of a diet. (9,5,4)
- 2 The portion of the digestive process using the tongue and teeth in the mouth prepare the food (11)
- 3 Essential, naturally occurring substances that humans consume for proper health and growth. (8)
- 4 An odorless, tasteless material made up of two hydrogen atoms and one oxygen atom that is essential to the body for hydration and all metabolic functions. (5)
- 8 A very common complex carbohydrate found most often in plants, such as corn and potatoes. (6)
- 9 A non-digestible complex carbohydrate that is found in fruits, vegetables, and grains. (5)
- 10 A solid fat at room temperature that carries a maximum number of hydrogen atoms. (9,4)
- 12 The conversion of food into simpler forms, such as nutrients, that can be absorbed by the body. (9)
- 13 A molecule composed of amino acids that is used for various functions in the body, including, maintenance, growth, and reproduction. (7)