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Nutrition

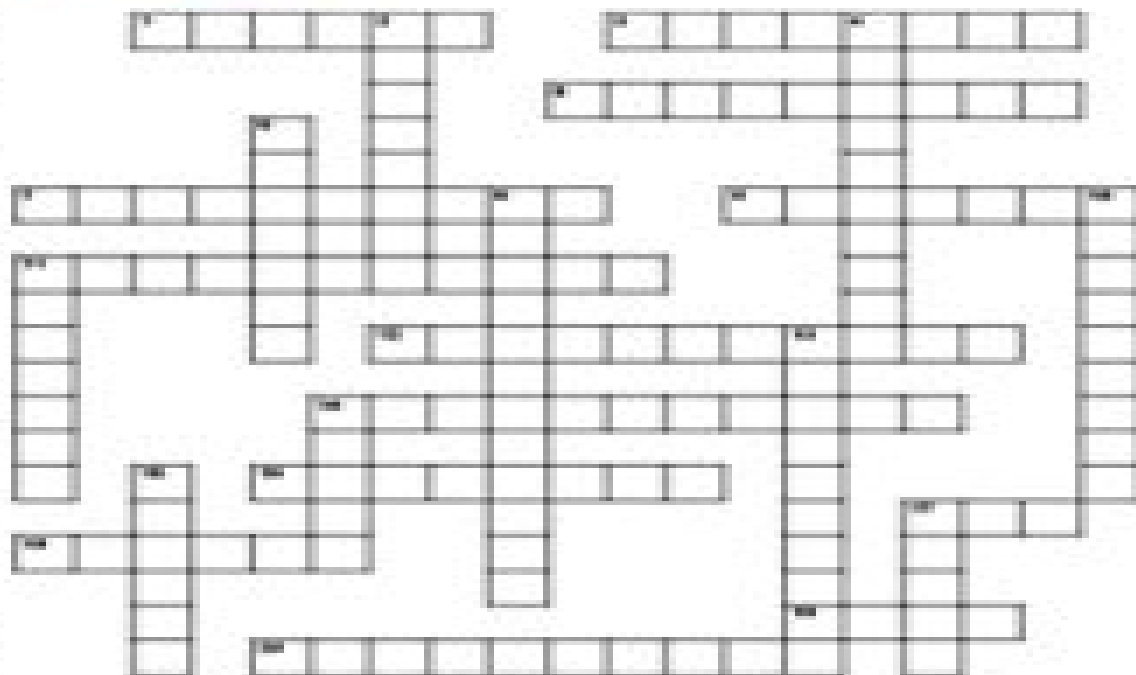
Crossword

ACROSS

1. Plant seeds that make up an important nutritional component of most diets.
3. Organic compounds essential for good nutrition which are required only in very small quantities.
5. Processing of food by the body.
7. Inadequate supply of essential nutrients.
9. Nutrient needed to build, repair and maintain body tissues.
11. Type of fat needed by the body, but which in too great of quantities can clog the arteries.
12. Triangular diagram showing the optimal number of servings to be eaten each day from each of the basic food groups.
14. Condition in which there is not enough water in the body.
16. Inorganic chemical elements that are required by the body (for example magnesium, iron, or sodium).
17. The major storage form of energy in the body.
18. Disease that is caused by vitamin C deficiency.
19. Food and drink that is regularly consumed by a person or community.
20. Carrots, broccoli, lettuce and many more.

DOWN

2. Any substance that provides essential nourishment.
4. Rate at which food is converted into energy.
6. Disease that is caused by vitamin C deficiency.



8. An energy yielding nutrient found in breads, cereals and other starchy.
10. Study of how the body takes in and utilizes foods.
11. Unit of energy produced by food.
13. Building blocks of proteins.

14. Food group that contains milk, cheese, yogurt, etc.
15. Apples, oranges, bananas, and many more.
17. Part of food that cannot be digested and which helps move material through the digestive tract.



Nutrition Crossword Guide To Good Food

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