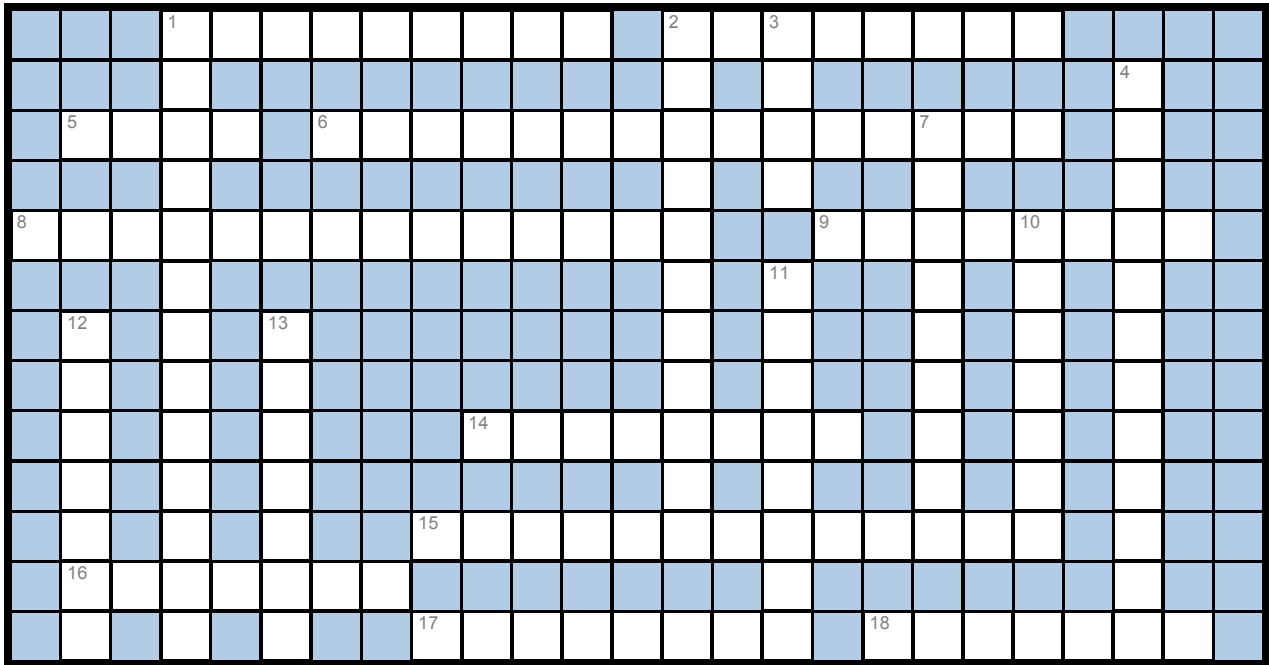


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Chapter 16: Nutrition and You

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Across

1. The substances in food that are used by your body to grow and function properly.
2. Unsafe diet plans that promise quick weight loss in a very short period of time.
5. Concentrated sources of energy found in both animal and plant foods.
6. A reaction to food that is unpleasant, but not the result of an immune response.
8. Type of eating disorder that involves uncontrollable urges to eat large amounts of food followed by behavior to avoid weight gain, including forced vomiting.
9. Substances needed by the body for growth and maintenance.
14. Units of energy of body fuel provided by carbohydrates, fats, and proteins in food.
15. When calories taken in (from food) equal calories used (for physical activity, digestion, and basic functions).
16. A form of fad dieting that requires going without food for a certain amount of time.
17. A disease that limits or prevents the body's ability to properly use energy from food.
18. Restricting your food intake.

Down

1. Foods and beverages that provide vitamins, minerals, and other substances that may have positive health effects with relatively few calories.
2. When a food protein you have eaten triggers a response by your body's immune system.
3. All the foods you regularly eat and drink.
4. When a person's diet lacks needed nutrients over a period of time. This can be caused by not eating the right amount or selection of foods.
7. The study of how your body processes and uses the foods you eat and drink.
10. A food guidance system created by the United States Department of Agriculture (USDA) to help people apply the messages from the *Dietary Guidelines* to their daily life.
11. Type of nutrient needed for a healthy body.
12. When certain vitamins or other nutrients are added into food.
13. A nutrient needed for growth, maintenance, and repair of tissues.