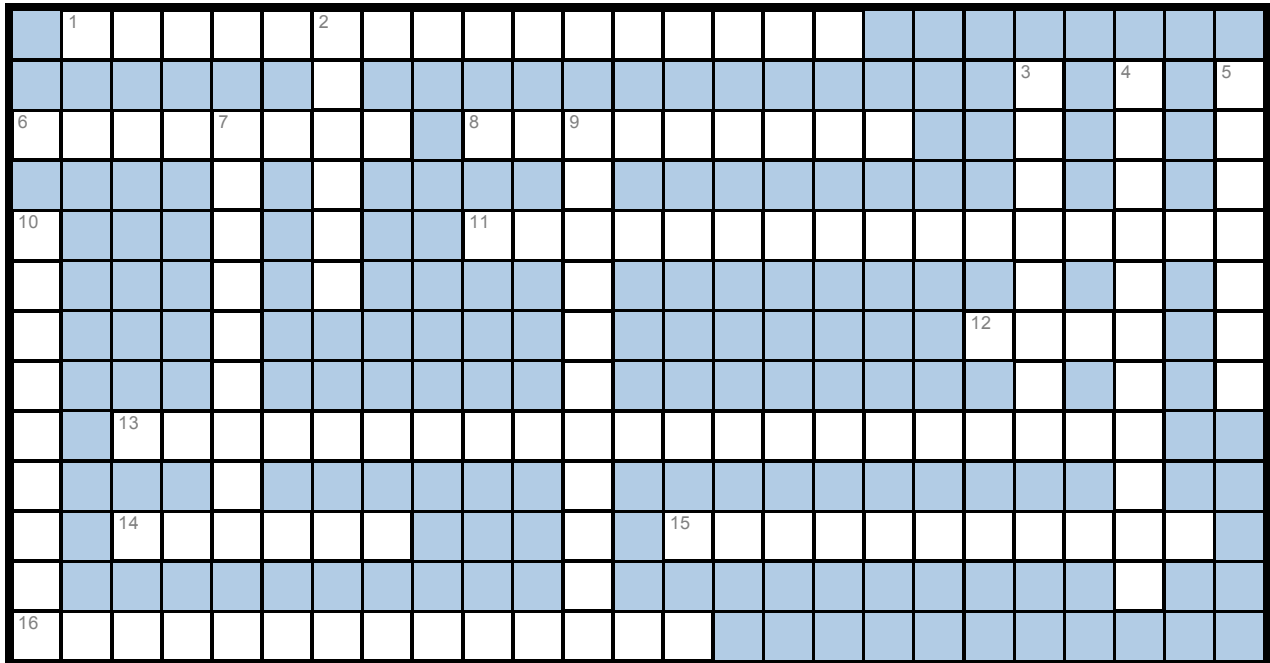


# Adventures in Food and Nutrition! © 2012

## Chapter 1: Food, Nutrition, and You

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### Across

1. Not being sick, eating a healthy diet, being physically fit, and taking steps to avoid injuries.
6. Being at the highest level of health.
8. The type of life a person leads based on energy and time use.
11. When food marketers pay TV and movie producers to put a product in their show.
12. All the foods a person eats.
13. Knowing what's important to you and finding meaning and purpose in your life.
14. The physical need for food.
15. A person's surroundings and experiences.
16. Building healthy relationships with family and friends and working to improve the world.

### Down

2. A practice a group of people do often; the usual way of doing things.
3. The desire to eat certain foods and reject others.
4. A type of food marketing that involves telling people about food products.
5. The knowledge, beliefs, religion, and traditions shared by a group of people.
7. The study of nutrients and how the body uses them.
9. The study of how foods change chemically through natural processes or when they are prepared or stored.
10. The materials found in foods that are needed to build and repair body tissues and provide energy.