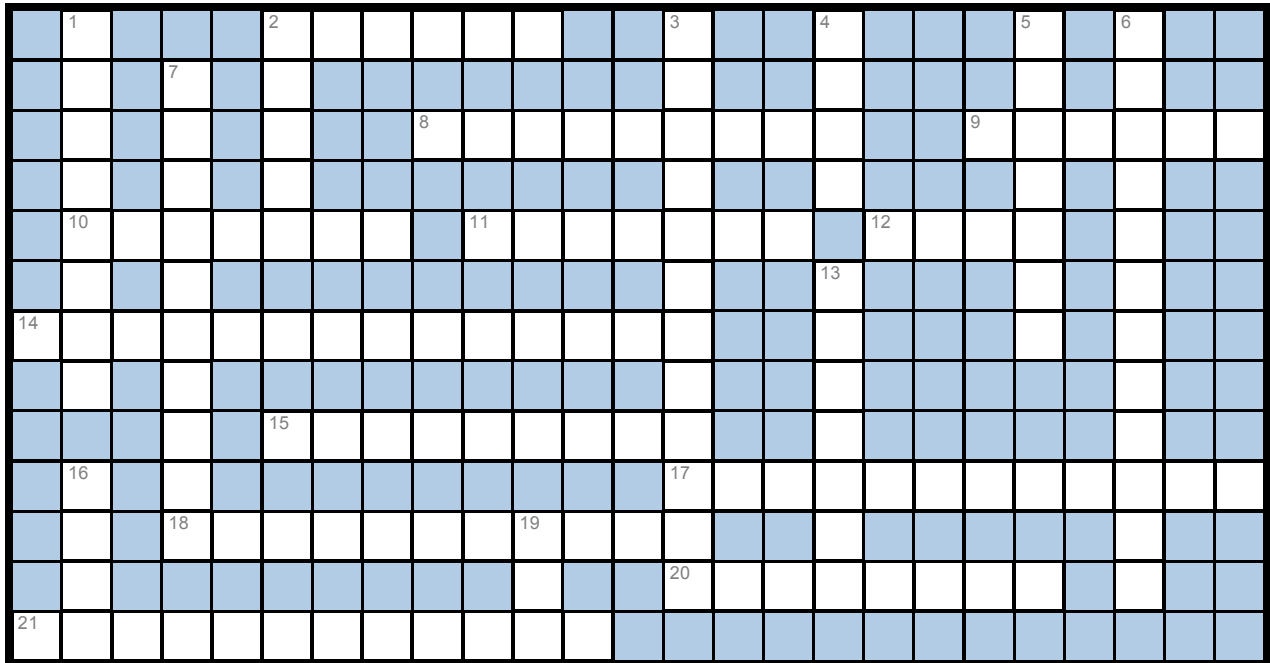


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**Chapter 2: Nutrients: The Building Blocks of Health**

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**Across**

2. A mineral that performs many vital functions, such as maintaining the body's water balance, helping muscles relax, and helping nerves transmit messages to the brain.
8. A nutrition expert.
9. A type of carbohydrate stored in plants. It must be broken down by the body before it can be used as an energy source.
10. Inorganic substance that is needed for function, growth, and repair of the body.
11. A measure of the energy value of food.
12. A measure of weight.
14. A type of fat that does not cause blood cholesterol levels to rise.
15. Sometimes called *folate*, this B-vitamin is used to build strong, healthy blood and is needed to fight infections. This vitamin also helps prevent brain and spine birth defects.
17. A form of oxygen created when the body burns calories.
18. A condition in which the spine did not close normally during fetal development.
20. The type of saturated fat formed by hydrogenation.
21. Substances that protect the cells from damage that can be caused by oxygen.

**Down**

1. A vitamin that helps the body heal wounds and keeps gums healthy.
2. A type of carbohydrate that furnishes calories but no other nutrient. It is used by the body as an energy source.
3. A type of fat that causes the level of cholesterol in the blood to rise higher than normal.
4. A mineral needed for normal body growth and repair.
5. An organic substance needed by the body for function, growth, and repair.
6. A nutrient that provides energy. It is found in every food of plant origin. Sugars, starch, and fiber are types of carbohydrates.
7. The building blocks of proteins.
13. A type of nutrient needed for growth and repair of the body. Proteins are made of amino acids.
16. A nutrient found in red blood cells. Its job is to carry oxygen to body cells and remove carbon dioxide.
19. A nutrient used to supply calories to the body.