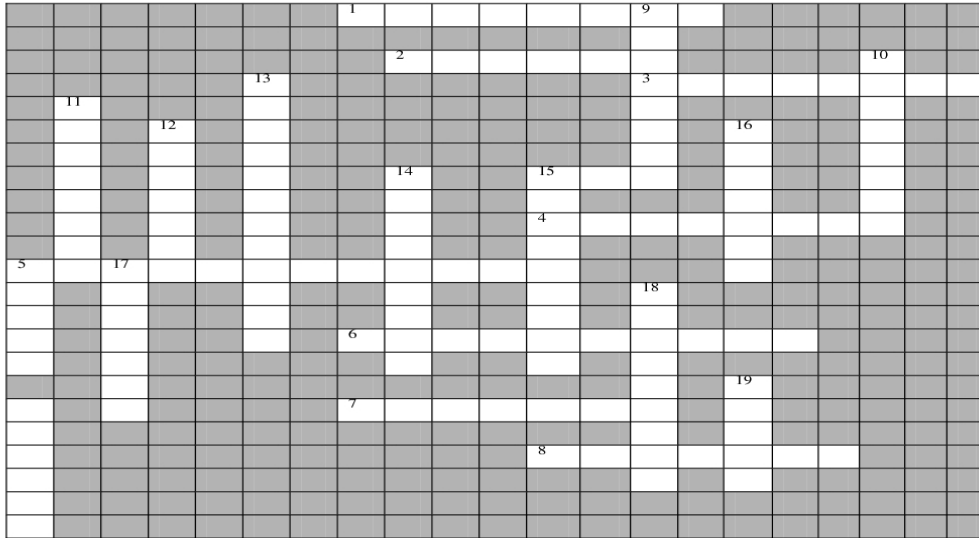


## Crossword Puzzle: Basic Nutrition

Test your knowledge of basic nutrition principles with this crossword puzzle.



### ACROSS

1. Units by which energy is measured
2. The physiological drive for food
3. The body's ability to recognize and eliminate foreign invaders, such as bacteria
4. Altered glucose regulation and utilization
5. Higher than normal blood pressure
6. Providing enough—but not too much—of a substance
7. Sometimes known as “blood sugar”
8. The characteristics that enable to body to perform physical activity

### DOWN

5. Sudden tissue death caused by blockages of vessels that feed the heart
9. The addition to a food of nutrients that were lost during processing
10. Organic, essential nutrients required in small amounts by the body for health
11. Providing all of the essential nutrients, fiber, and energy in amounts sufficient to maintain health
12. Providing foods of a number of types in proportion to each other