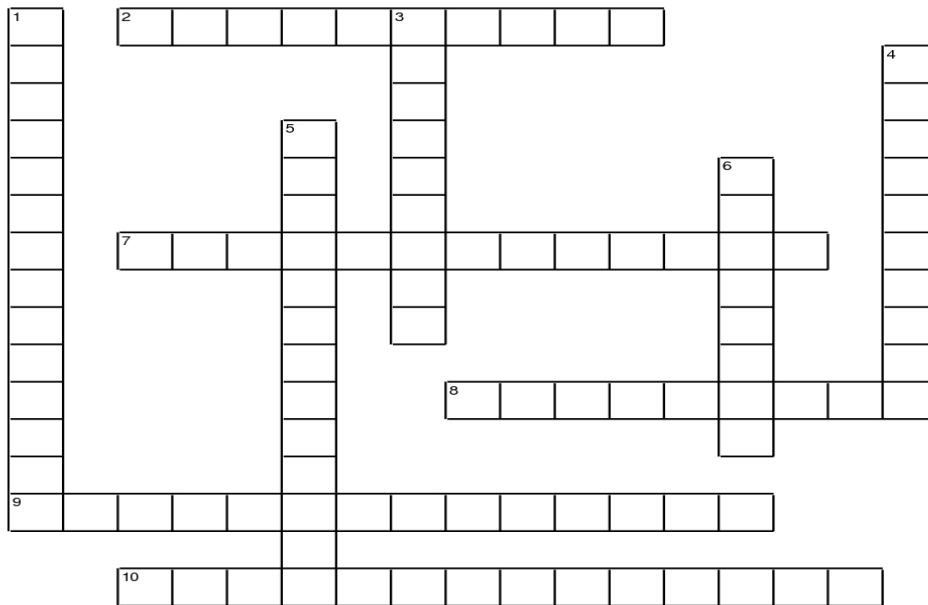


**NTRS 250 Human Nutrition
Worksheet 14: Older Adult Nutrition Crossword Puzzle**



aturated and unsaturated fat: _____

 is it so bad for you? _____

 ur daily diet should come from protein? _____%.
 't know 1. _____ 2. _____
 dy? _____ Second best? _____
 d _____ last (circle one) source for energy used by the body.
 wn protein into amino acids. This is called _____

What is the difference between se

 What is hydrogenated oil and why

Protein - Station #1
 What percentage of calories of yo
 List 2 functions of protein you did
 What is the best protein for the bo
 Protein is the first second
 Cooking or stomach acid break do
Carbohydrate - Station #1