Lesson 2
Nutrition Crossword Puzzle

Complete the following crossword puzzle on Nutrition.

Across
5. form of fat stored in body
10. range of motion of a joint
11. relieves constipation
13. needed for muscle development
14. used for energy and protection
15. mineral needed to make blood
16. helps in processes and forms tissue
17. muscle's ability to exert force
19. sugars, fiber, starches

Down
1. blood sugar
2. excessive percentage of body fat
3. helps to absorb calcium
4. perform without fatigue
6. needed for bone growth
7. how energy is measured in food
8. the liquitrent
9. coenzymes in biological processes
12. bingeing followed by purging
18. Recommended Dietary Allowance
20. body mass index
21. good cholesterol
22. blood sugar disorder
23. fear of fat and food