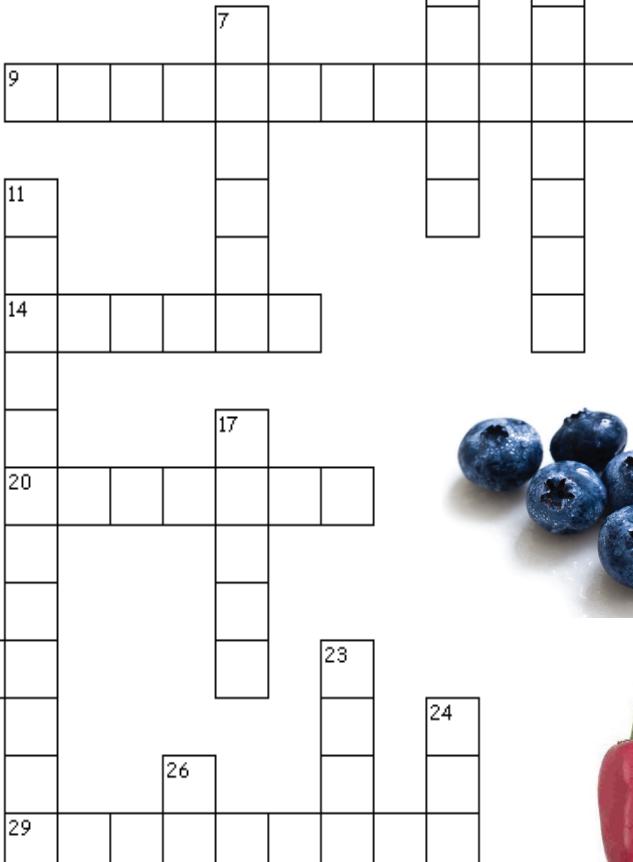
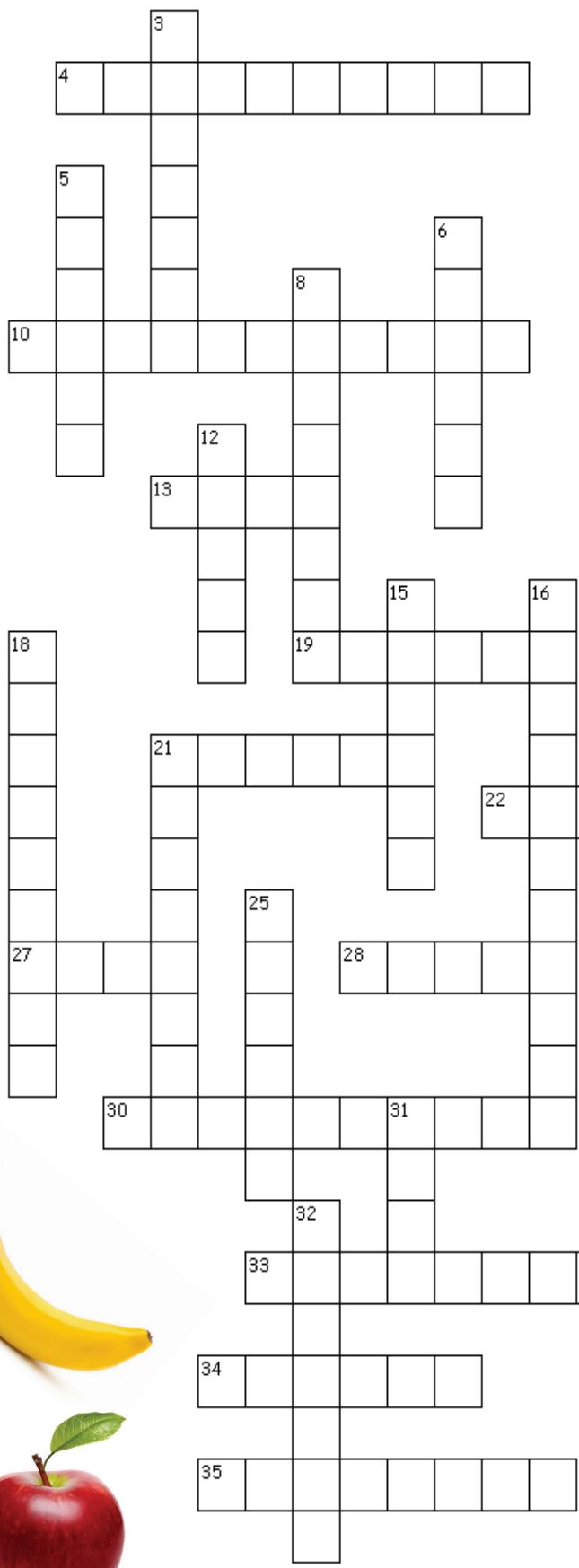


NUTRITION REVIEW PUZZLE



CLUES FOR NUTRITION REVIEW CROSSWORD PUZZLE

ACROSS:

- 4) This vegetable is higher in vitamin C than oranges. In fact, it is sometimes listed as the plant highest in vitamin C.
- 9) These chemicals fight free radical damage in your body, protecting your DNA and cells from oxidative harm. Some vitamins (like C and E) are classified as these, as well as minerals such as selenium.
- 10) These little fruits are often called "super foods" because they contain phytonutrients that prevent many chronic illnesses. The wild ones have more nutrients than the domesticated varieties. They are native to North America.
- 13) This leafy green vegetable is definitely a "super food." It has more nutritional value than even spinach! It is related to broccoli and cabbage, but does not form heads.
- 14) This type of protein helps to speed up chemical reactions. In the body, it is often found aiding digestive processes.
- 19) This element is found in the amino acids called cysteine and methionine. This element helps polypeptides (long chains of amino acids) link together by forming "bridges." It performs the same cross-linking function in vulcanized rubber. (Extra hint: If you want to know what this element smells like, smell the end of a match.)
- 20) This fruit is known for its high fat content. (Most fruits contain very little fat.) Some people think of this fruit as more of a vegetable, however. Either way, this fruit/veggie has more nutritional value overall than any other fruit or veggie!
- 21) This type of fish is often listed as a "super food" because of its high vitamin content, as well as its good omega3 fats.
- 22) This element helps wounds to heal and is necessary to our sense of smell. If you are deficient in it, you might get little white spots on your fingernails.
- 27) This element is necessary to our red blood cells because it attracts oxygen molecules.
- 28) This substance helps to stimulate the digestive tract to keep food moving through at a normal pace. This substance also provides food for bacteria in the gut.
- 29) This kind of fat contains no double bonds between its carbon atoms.
- 30) The 20 building blocks of proteins are known as _____.
- 33) This element is necessary for normal functioning of nerve cells. The cells pump these atoms in and out of their cell membrane in order to generate an electrical signal. (Bananas have a lot of this element in them.)
- 34) A deficiency of vitamin C causes a condition known as _____.
- 35) This element is necessary for making stomach acid, which is called hydrochloric acid, HCl.

DOWN:

- 1) It might surprise you to know that this food is considered to be a "super food" because it contains many beneficial substance such as antioxidants and flavonoids. Eating this food can reduce your chances of having a stroke, help you think better, protect you from UV light, and reduce your blood sugar level. But to get these benefits it needs to be DARK.
- 2) Your body needs this to make cell membranes and some steroid hormones like testosterone and cortisol.
- 3) Starch is a long string of these molecules.
- 5) This plant bulb is often used for flavoring. It is sometimes considered to be a super food and it has a very good effect on your immune system. It is also fights chronic inflammation.
- 6) Calories are a unit used to measure how much _____ is in a food item.
- 7) This element is found in table salt and is necessary for nerve cell function. Without it, nerve cells cannot generate an electrical signal. This element is found in the first column on the Periodic Table.
- 8) Your body uses carbohydrates, fats, and _____ for energy.
- 11) _____ are fragments of molecules-- fragments that are very dangerous because they will steal electrons from atoms and molecules in your cells, damaging the cells. Antioxidants are used to combat these.
- 12) Vitamins are divided into two categories: fat soluble (your body can store these), and _____ soluble (your body cannot store these as easily).
- 15) Vitamin B12 is the only vitamin that you cannot get from eating these.
- 16) This is the fancy (correct) name for the plant family that contains broccoli, cabbage, kale, and Brussels sprouts.
- 17) A triglyceride is made up of a glycerol molecule and three _____ acids.
- 18) This mineral (which is also an element) is found in your bones, along with calcium and phosphorus. Some people say this mineral is just as important as calcium in keeping your bones strong. It also helps muscles to relax.
- 21) This element helps to fight free radicals, so it is considered to be an antioxidant. Nuts have a lot of this element.
- 23) These chemicals are found in plants and are especially abundant in the leaves and in the skins of fruits. Often, they provide the bright colors of fruits and vegetables. There are thousands of types of these, the most well known being carotene, lycopene, lutein, anthocyanin and chlorophyll.
- 24) Cellulose is a plant material that is _____ to us, but microbes in our gut might be able to break it down and in turn make some vitamins for us.
- 25) This element is necessary for proper functioning of the thyroid gland. A lack of it can cause a condition called goiter.
- 26) Exposing the skin to _____ allows your body to make vitamin D.
- 31) This type of seed is a "super food" because it contains a huge amount of fiber, plus protein, omega3's, and minerals.
- 32) This kind of fiber turns into a gel when it absorbs water in your stomach and intestines, which helps make you feel full sooner and for longer.

NUTRITION REVIEW CROSSWORD
ANSWER KEY

Across:

- 4) bell pepper
- 9) antioxidants
- 10) blueberries
- 13) kale
- 14) enzyme
- 19) sulfur
- 20) avocado
- 21) salmon
- 22) zinc
- 27) iron
- 28) fiber
- 29) saturated
- 30) amino acids
- 33) potassium
- 34) scurvy
- 35) chlorine

Down:

- 1) chocolate
- 2) cholesterol
- 3) glucose
- 5) garlic
- 6) energy
- 7) sodium
- 8) proteins
- 11) free radicals
- 12) water
- 15) plants
- 16) cruciferous
- 17) fatty
- 18) magnesium
- 21) selenium
- 23) phytonutrients
- 24) indigestible
- 25) iodine
- 26) sunlight
- 31) chia
- 32) soluble