

Nutrition Vocabulary

Directions: Fill in the blank with the correct word matching the definition.

1. _____ are a major source of energy found in the body.
2. _____ are a tough, complex carbohydrate that the body is unable to digest.
3. _____ substances that come from plants or animals that are necessary for normal growth and development.
4. _____ types of fat found in plant based food.
5. _____ type of nutrient made up of fatty acids, which provide a valuable source of energy.
6. _____ inorganic elements found in soil and water that the body needs in small quantities.
7. _____ type of fat found mainly animal based foods, such as meat and dairy products.
8. _____ nutrient the body uses to build and maintain all of its cells and tissues.
9. _____ chemical substances that gives your body what it needs to grow and function properly.
10. _____ type of fat found in foods from animals, such as cows and goats; used to be found in many processed foods.
11. _____ helps carry blood throughout the body.
12. _____ helps the body build bones and teeth.