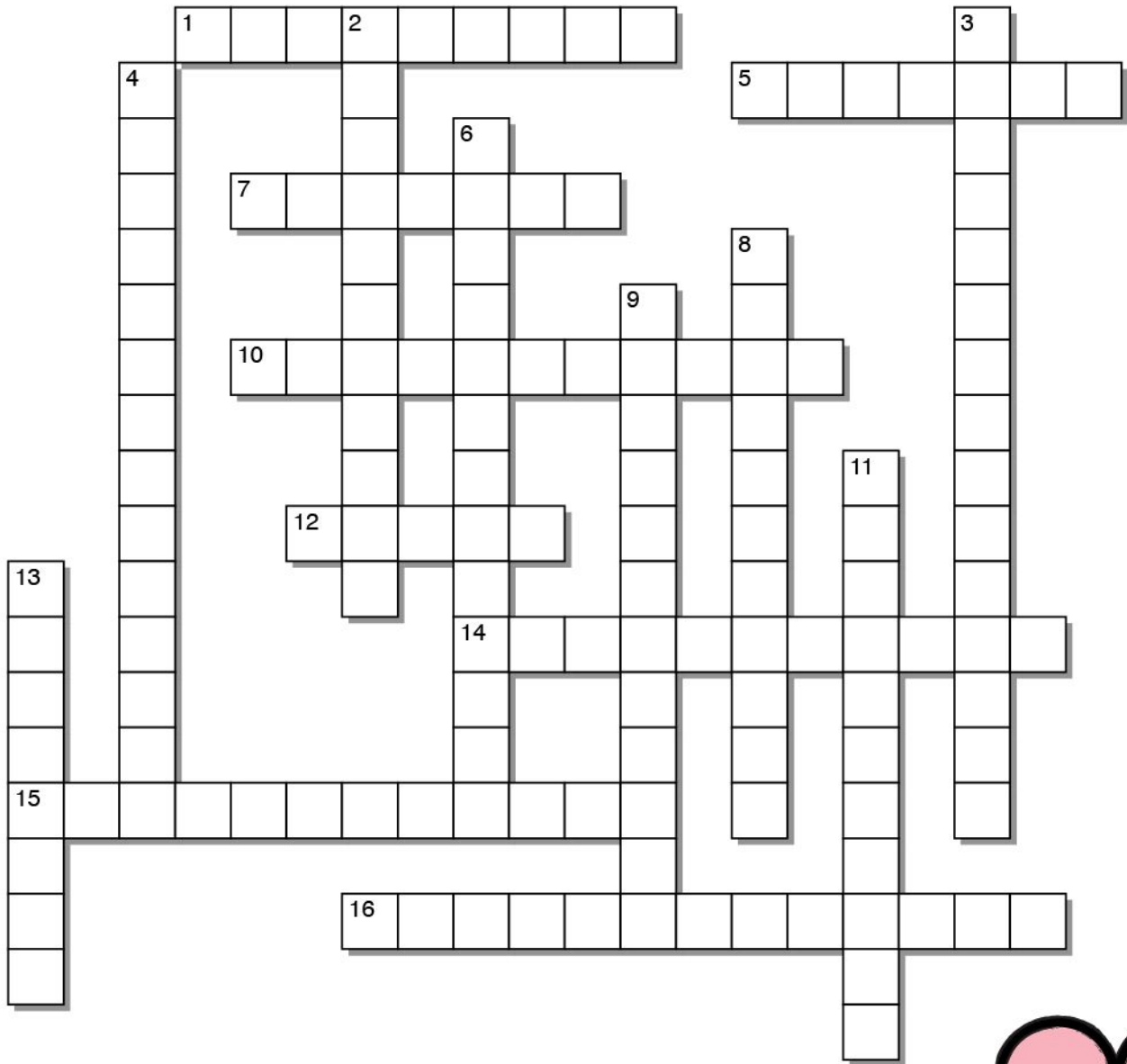


# Heart Health Vocabulary Crossword

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Student Name: \_\_\_\_\_



See clues on page 2.

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## PUZZLE CLUES

### ACROSS

- 1) A food that has little to no processing and is free from added chemical preservatives or other artificial substances.
- 5) A natural compound essential in small amounts for normal growth and healthy body functions.
- 7) A chemical element that the body needs to perform functions necessary for development, growth, and life.
- 10) A waxy, fat-like substance found in all the cells of your body. It is used to make hormones, vitamin D, and other important substances.
- 12) A part of plant-based foods that cannot be digested and passes through the digestive system helping to clear out harmful substances such as cholesterol.
- 14) An unstable molecule produced in the body after exposure to harmful agents such as (but not limited to) smoke, radiation, air pollution, deep fried foods, and contaminated water.
- 15) Fats that are usually solid at room temperature and can raise LDL (bad) cholesterol, and may contribute to heart disease.
- 16) The relationship between energy “in” - food calories taken into the body through food and drink and energy “out” - calories being used by the body for daily energy needs.

### DOWN

- 2) A protein source that is low in total fat, saturated fat, and cholesterol.
- 3) A family of fatty acids that must be taken in through food, provide multiple health benefits, and play important roles in body functions.
- 4) Fats that are usually liquid at room temperature and come from plant-based foods such as olives and sunflowers.
- 6) Any food that has been mechanically or chemically changed to preserve, package, or otherwise prepare.
- 8) A grain (like wheat, oats, corn and rice) that is eaten with all of its essential parts (bran, germ, endosperm).
- 9) Food and activity that contribute to a healthy heart and circulatory system.
- 11) A substance that protects body cells against damage from free radicals, which play a role in heart disease, cancer, and other diseases.
- 13) Fats that are mainly found in ultra processed foods and have been shown to raise LDL (bad) cholesterol and lower HDL (good) cholesterol.