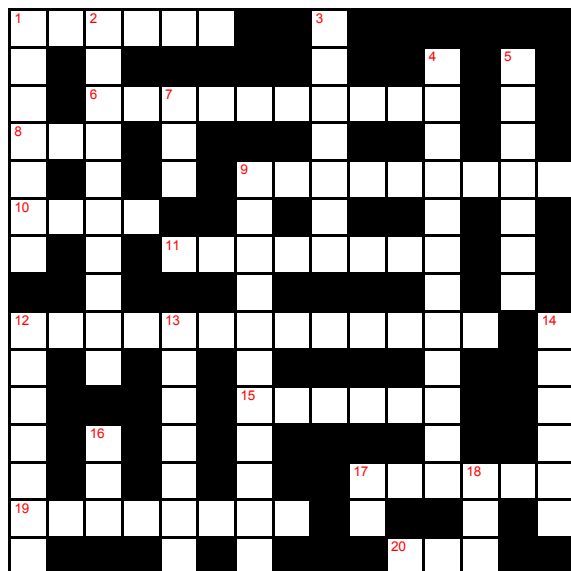


# Nutrition\_Science\_15x15\_2008-10-18

B.B. Huria



## Across

- 1 An essential amino acid found in proteins; important for growth in children and nitrogen balance in adults. (6)
- 6 Any substance involved in metabolism (either as a product of metabolism or as necessary for metabolism). (10)
- 8 Adenosine monophosphate is a nucleotide found in muscle cells and important in metabolism. (3)
- 9 Organic compound containing an amino group and a carboxylic acid group. The building blocks from which proteins are made. (5,4)
- 10 An essential mineral; it prevents anemia as a constituent of haemoglobin, transports oxygen throughout the body. (4)
- 11 Any of several fat-soluble vitamins essential for normal vision; prevents night

blindness or inflammation or dryness of the eyes. (7-1)

- 12 An organelle containing enzymes responsible for producing energy. (13)
- 15 A essential mineral; its deficiency can lead to goiter. (6)
- 17 A white fatty substance that forms a medullary sheath around the axis cylinder of some nerve fibers. (6)
- 19 A bitter tasting amino acid found in proteins and necessary for nutrition. (8)
- 20 (high-density lipoprotein) Also known as "good" cholesterol. (3)

## Down

- 1 Natural or manmade organic substances necessary for physical development and functioning. (7)

- 2 A type of white blood cell in the vertebrate immune system. (10)
- 3 The most abundant mineral in our body. It helps build and maintain bones and teeth. (7)
- 4 An isomer of carotene that is found in dark green and dark yellow fruits and vegetables. (4-8)
- 5 Any substance (as a toxin or enzyme) that stimulates the production of antibodies. (7)
- 7 Total parenteral nutrition; it provides all or most of a patient's nutrient requirements by intravenous means. (3)
- 9 Substance that inhibits oxidation or inhibits reactions promoted by oxygen or peroxides. (11)
- 12 Composed of matter other than plant or animal; plays a vital role in regulating many body functions. (7)

- 13 Plant bearing very hot and finely tapering long peppers; usually red. (7)
- 14 An essential amino acid found in proteins; occurs especially in gelatin and casein. (6)
- 16 Microgram; One millionth of a gram. (3)
- 17 Milligram - a metric unit of measurement, 1/1000 of a gram. (2)
- 18 (low density lipoprotein) Also known as "bad" cholesterol. (3)