

<i>A. Substances added to food to improve its taste, appearance, or shelf life.</i>
<i>B. A mineral essential for healthy bones, teeth, and body functions.</i>
<i>C. Units of energy provided by food and drink.</i>
<i>D. A nutrient found in foods like bread and pasta, providing energy for the body.</i>
<i>E. A fatty substance in the blood that can affect heart health.</i>
<i>F. A nutrient that provides energy and is necessary for certain body functions.</i>
<i>G. A plant-based nutrient that aids digestion and promotes gut health.</i>
<i>H. A natural substance necessary for body health, e.g., calcium, iron.</i>
<i>I. A substance in food essential for growth and health, such as vitamins and minerals.</i>
<i>J. A substance added to food to prevent it from spoiling.</i>
<i>K. A nutrient found in meat, fish, eggs, and beans, vital for building and repairing tissues.</i>
<i>L. Organic compounds necessary for various bodily functions and overall health.</i>

