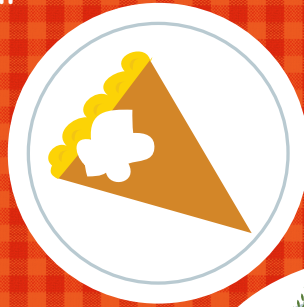
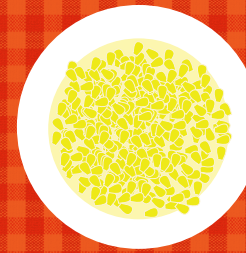
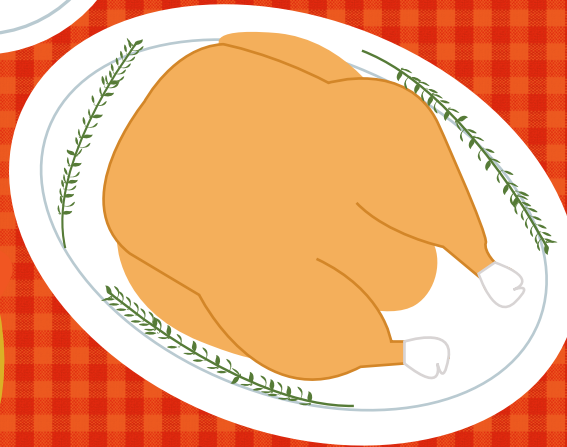


The Science of Your **THANKSGIVING MEAL**

Pumpkin pie is a great source of **POTASSIUM**. Potassium ion diffusion is a key mechanism in nerve transmission in the body.

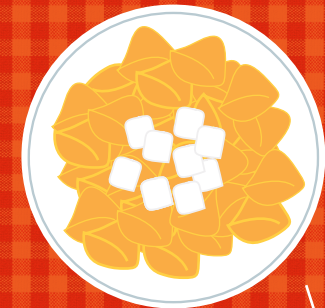


Turkey is an excellent source of **PROTEIN, IRON, and ZINC**. Some believe turkey's quantities of **TRYPTOPHAN**, an **AMINO ACID**, make a diner sleepy after a meal.



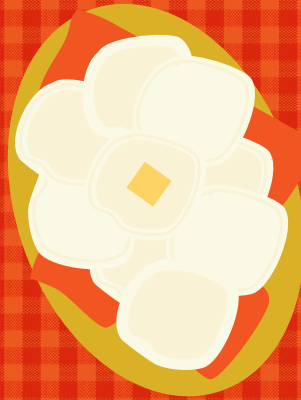
One cup of boiled sweet corn contains 16 percent of your recommended dietary allowance of vitamin B-6, one of the important **B VITAMINS**.

The green beans in your casserole can be helpful in providing the mineral **SILICON**. This mineral is important for bone health and for formation of connective tissue.



Sweet potatoes are loaded with **VITAMIN A** which is important for healthy eyes. They also have a lot of **DIETARY FIBER**.

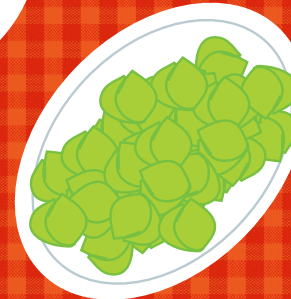
Flour biscuits contain **CARBOHYDRATES**. Carbohydrates are a common source of energy for the body.



CHLORINE is a dietary mineral that is needed for production of **HYDROCHLORIC ACID** in the stomach and in cellular pump functions. Table salt is a source of this mineral.



Brussels sprouts are a good source of **PHOSPHORUS** which is used by the body for energy **METABOLISM**. Metabolism refers to all the physical and chemical processes in the body that convert or use energy.



The cranberries in your cranberry sauce are an excellent source of **ANTIOXIDANTS**. An antioxidant is a molecule that inhibits the oxidation of other molecules. **OXIDATION** can cause cell damage and antioxidants in food can help protect the body's cells.



Find the following terms and circle them on the word search.

- AMINO ACID
- ANTIOXIDANTS
- B VITAMINS
- CARBOHYDRATES
- CHLORINE
- DIETARY FIBER
- HYDROCHLORIC ACID
- IRON
- METABOLISM
- OXIDATION
- PHOSPHORUS
- POTASSIUM
- PROTEIN
- SILICON
- TRYPTOPHAN
- VITAMIN A
- ZINC

M I N P P D X X N A P E V R F T
 U M K O R H F C M W N J E X Y R
 I S S B I Q O I P I S B D A K Y
 S Q P E Z T N S R R I F E Q Q P
 S S S G T O A O P F O P B L W T
 A T I U A A L D Y H Q T X F T O
 T N L C B H R R I S O W E Y I P
 O A I P C I A D B X A R K I U H
 P D C S R T N S Y M O Y U J N A
 R I O O E C N I Z H K V T S R N
 F X N I G M E T A B O L I S M I
 V O D S N I M A T I V B K C P R
 D I C A C I R O L H C O R D Y H
 B T V I T A M I N A W O K A L E
 M N D C X F J F G M B Y E P C J
 I A G E J D M O I K O X R R J A