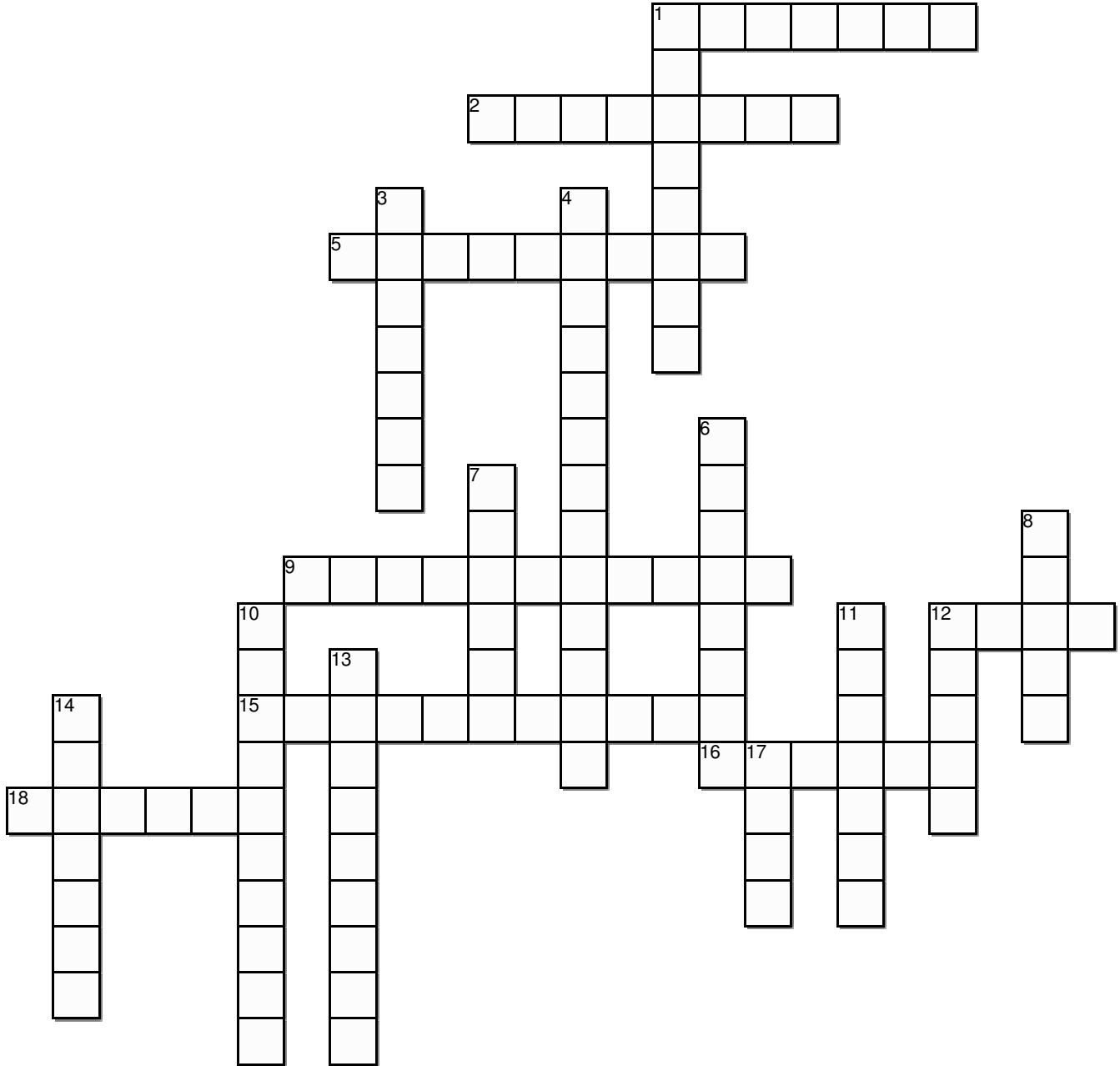


Name: \_\_\_\_\_

# Nutrient Crossword

Complete the crossword below



## **Across**

1. Unit of measure for the energy supplied by food.
2. \_\_\_\_\_ help chemical reactions take place in the body.
5. \_\_\_\_\_ fats found in animal products.
9. \_\_\_\_\_ fats found in plant products and fish.
12. \_\_\_\_\_ helps the body use certain vitamins more effectively.
15. Waxy, fat-like material in foods and in the body. Can lead to heart disease.
16. \_\_\_\_\_ carbs are found in sugars.
18. Commonly known as 'salt'.

## **Down**

1. \_\_\_\_\_ proteins are found in animal products.
3. Mineral needed for bone development.
4. Sugars and starches that provide energy for your body
6. Nutrient that helps your body grow and develop.
7. Vitamin C is found in many \_\_\_\_\_ fruits.
8. Nutrient that helps aid digestion and elimination.
10. \_\_\_\_\_ proteins are found in plant products.
11. \_\_\_\_\_ carbs are found in starches.
12. The part of grains and plant-foods that you cannot digest.
13. A mineral needed for nerve cell function, which is found in bananas.
14. Nutrient used to build, repair, and maintain body tissues
17. This mineral helps carry oxygen throughout the body