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| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_ | Period: \_\_\_\_\_\_\_ |

6 main nutrients

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  |  | P |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 4  M |  |  |  | 5  O | R | G | A | N | S |  |  |  | P |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | I |  |  |  |  |  |  | N |  |  | 6  U |  |  | L |  |  | 7  C |  |  |  |  |  |  |  |
|  |  |  |  |  |  | L |  |  | 8  F | R | U | I | T | S | A | N | D | V | E | G | T | A | B | L | E | S |  |  |  |
|  |  |  |  |  |  | K |  |  |  |  |  |  |  |  |  | S |  |  | M |  |  | R |  |  |  |  |  |  |  |
|  |  |  |  |  |  | A |  |  |  | 9  V |  |  |  |  |  | A |  |  | E |  |  | B |  |  | 10  V |  |  |  |  |
|  |  | 11  B | A | L | A | N | C | E |  | I |  |  | 12  P | R | O | T | E | I | N |  | 13  C | O | O | K | I | E | 14  S |  |  |
|  |  |  |  |  |  | D |  |  |  | T |  |  |  |  |  | U |  |  | T |  |  | H |  |  | T |  | O |  |  |
|  |  |  |  |  |  | A |  | 15  F |  | A |  |  |  |  |  | R |  |  | S |  |  | Y |  |  | A |  | D |  |  |
|  |  |  |  | 16  C | A | L | C | I | U | M |  |  |  | 17  G | R | A | I | N |  | 18  S | O | D | I | U | M |  | A |  |  |
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|  |  |  |  |  |  | E |  | R |  | N |  | 19  P | R | O | T | E | I | N |  |  | 20  F | A | T |  | N |  |  |  |  |
|  |  |  |  |  |  | R |  | E |  | C |  |  |  |  |  | D |  |  |  |  |  | T |  |  |  |  |  |  |  |
|  |  |  |  |  |  | N |  |  |  |  |  |  |  |  |  | F |  |  | 21  E |  |  | E |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 22  A | N | I | M | A | L |  | 23  V | I | T | A | M | I | N | D |  | S |  |  |  |  |  |  |  |
|  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  | T |  |  | E |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 24  M | I | N | E | R | A | L |  |  |  |  |  |  | 25  I | R | O | N |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | V |  |  |  |  |  |  |  |  |  |  |  |  | G |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 26  A | L | T | E | R | N | A | T | I | V | E |  |  |  |  |  | Y |  |  |  |  |  |  |  |  |  |  |
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| **Across**  **3.** beef, chicken, pork, eggs,milk,cheese,yogurt,sour cream, cream cheese and butter all contain what type of fat?  **5.** what part of your body does water hydrate?  **8.** other than drinking water, what food group can you get the MOST water from?  **11.** when considering the six nutrients... it is important to maintain a...  **12.** out of all the six nutrients which one is exemplary of Milk?  **13.** an example of a food item high in trans fat is?  **16.** what type of mineral strengthens bones and teeth?  **17.** Carbohydrates are usually found in what type of product?  **18.** packaged foods have a high content of what?  **19.** what nutrient helps with tissue repair and growth?  **20.** which nutrients protects organs?  **22.** what source does Complete proteins/fat come from?  **23.** which vitamin assists in bone development?  **24.** Iron is an example of a?  **25.** if you drink soda excessively what mineral deficiency could you get over time?  **26.** plant sources of essential nutrients are sometimes refereed to as an? | **Down**  **1.** other than from the food you eat, what is another form of vitamins and minerals?  **2.** what source does incomplete proteins/fat come from?  **4.** the mineral, calcium is best found in which food group?  **6.** olive oil, canola oil, fish oil , soy bean , tree nut , peanus and avacodo all contain what type of fat?  **7.** Products with alot of sugar contain what type of nutrient?  **9.** OJ is a significant source of what vitamin?  **10.** folic acid is an example of a?  **14.** in our food and nutrition class, what beverage did we learn could cause a deficiency of essential nutrients?  **15.** this is not a nutrient because it does not get absorbed by the body.  **21.** what do carbohydrates,protein and fat all provide |

   Animal       Plant       Cookies       Organs       energy       Vitamin       Mineral       Alternative       Protein       Vitamin D       Vitamin C       Unsaturated fat       Saturated fat       Protein       Grain       Carbohydrates       Fibre       Calcium       Sodium       balance       fruits and vegtables       supplements       fat       Iron       Milk and alternatives       soda