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Essential Nutrients

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| **Across****2.** An example is calcium**4.** The body's main source of energy**5.** Needed for the body to develop correctly**8.** Type of carb from fruits & lollipops**10.** Type of carb from bread & pasta**12.** Vitamin that helps the pigment in your eyes develop so you can see, found in carrots**13.** Type of fat that should be avoided, found in fast food**15.** Type of fat that helps your body absorb vitamins**16.** Means to keep the right amount of water in your body | **Down****1.** Vitamin that helps your body repair tissues**3.** Help your brain and nervous system develop correctly**6.** Mineral that acts as a delivery system**7.** Build up, maintain, and replace tissues in the body**9.** Type of fat found in olive oil & tuna**11.** Helps to regulate body temperature**14.** Helps you body grow strong bones |