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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 |