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

Essential Nutrients

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|  |  |  |  |  | 2M |  I |  N |  E |  R |  A |  L |  S |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  T |  |  |  |  |  |  |  | 3F |  |  |  |  |  |
|  |  |  |  |  | 4C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  |  |
|  |  |  |  |  |  |  M |  |  |  |  |  |  |  |  T |  |  |  |  |  |
|  | 5V | 6I |  T |  A |  M |  I |  N |  S |  |  |  | 7P |  | 8S |  I |  M |  P |  L |  E |
|  |  |  R |  |  |  |  N |  |  | 9U |  |  |  R |  |  |  |  |  |  |  |
|  |  |  O |  |  |  |  C |  |  |  N |  | 10C |  O |  M |  P |  L |  E |  X |  |  |
|  |  |  N |  |  |  |  |  |  |  S |  |  |  T |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  A |  |  |  E |  | 11W |  |  |  |  |  |
|  |  |  |  |  |  |  | 12V |  I |  T |  A |  M |  I |  N |  A |  |  |  |  |  |
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|  |  |  |  |  |  |  |  | 13T |  R |  A |  N |  S |  |  E |  |  |  |  |  |
|  |  |  |  | 14C |  |  |  |  |  A |  |  |  |  |  R |  |  |  |  |  |
|  |  |  | 15S |  A |  T |  U |  R |  A |  T |  E |  D |  |  |  |  |  |  |  |  |
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|  |  |  |  |  C |  |  | 16H |  Y |  D |  R |  A |  T |  E |  D |  |  |  |  |  |
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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 |