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

Essential Nutrients

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|  |  |  |  |  |  | 1  V |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 2  M | I | N | E | R | A | L | S |  |  |  |  |  |  |  |
|  |  |  |  |  |  | T |  |  |  |  |  |  |  | 3  F |  |  |  |  |  |
|  |  |  |  |  | 4  C | A | R | B | O | H | Y | D | R | A | T | E | S |  |  |
|  |  |  |  |  |  | M |  |  |  |  |  |  |  | T |  |  |  |  |  |
|  | 5  V | 6  I | T | A | M | I | N | S |  |  |  | 7  P |  | 8  S | I | M | P | L | E |
|  |  | R |  |  |  | N |  |  | 9  U |  |  | R |  |  |  |  |  |  |  |
|  |  | O |  |  |  | C |  |  | N |  | 10  C | O | M | P | L | E | X |  |  |
|  |  | N |  |  |  |  |  |  | S |  |  | T |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | A |  |  | E |  | 11  W |  |  |  |  |  |
|  |  |  |  |  |  |  | 12  V | I | T | A | M | I | N | A |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | U |  |  | N |  | T |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 13  T | R | A | N | S |  | E |  |  |  |  |  |
|  |  |  |  | 14  C |  |  |  |  | A |  |  |  |  | R |  |  |  |  |  |
|  |  |  | 15  S | A | T | U | R | A | T | E | D |  |  |  |  |  |  |  |  |
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|  |  |  |  | C |  |  | 16  H | 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 |