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Lesson 31 Nutrition

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| **Across**  **5.** protein from plant sources that doesn't contail amino acids  **7.** nutrient that provides energy and helps the body store vitamins  **9.** building blocks that make up proteins | **Down**  **1.** type of fat from dairy products, vegetable fat, meat, and poultry  **2.** vitamin that dissolves in water and can't be stored by the body  **3.** nutrient that is involved with all body processes  **4.** nutrient that is needed for growth, repair, maintain body tissues, supply energy  **6.** substance in food that helps with growth and repair of cells, provide energy  **8.** part of grains that can't be digested  **10.** unit of energy produced by food and used by body |