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

Nutrients

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | 1 |  |  |  |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 4 |  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |
|  |  |  | 6 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 7 |
|  |  | 8 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 11 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  | 12 |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 13 |  |  |  |
|  | 14 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 15 |  |  |  |  |  |  |  |  | 16 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 17 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 18 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****1.** a waxy fat like substance**6.** protects vital organs**8.** a fatty substance that doesn't dissolve in water**10.** a unit of heat used to measure energy**12.** substances that make up the protein**14.** foods that lack some amino acids**15.** nutrients the body uses to build and maintain body cells, and tissues**16.** substances in your food that your body needs to grow**17.** the process by which your body take in and uses food**18.** found in animal based food | **Down****2.** a physical desire for foods**3.** people who use pictures and sounds in hoops to get you to buy there product**4.** foods that contain all essential amino acids**5.** a natural physical drive to eat**7.** starches and sugars found in foods**9.** a simple sugar, main source of energy**11.** found in the tough stringy parts of fruits and plants**13.** fats found in food |