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Nutrients Crossword

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| **Across**  **6.** good fat  **11.** dissolve in body's water  **12.** contains all 9 amino acids  **15.** lack of calcium  **16.** simple and complex  **17.** missing 1 or more amino acids  **19.** sugar  **20.** muscle, organs, skin, hair, fluids, etc. | **Down**  **1.** you need 21 of these, your produces 11  **2.** substances from the environment that the body can not make  **3.** to cope with emotions  **4.** when your body needs food  **5.** gives nutrients on the food  **7.** absorbed and stored in the fat  **8.** bad fat  **9.** unit of heat  **10.** good cholesterol  **13.** bad cholesterol  **14.** starches  **18.** another name for fats |