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

Nutrients Review

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  | 1W |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  | 2G |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  T |  |  |  |  R |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 3H |  E |  A |  R |  T |  A |  T |  T |  A |  C |  K |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  R |  |  |  |  I |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  S |  | 4M |  |  N |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  O |  |  O |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 5A |  |  | 6P |  L |  A |  N |  T |  S |  |  |  |  | 7C |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 8V |  |  |  M |  |  |  |  U |  |  O |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  I |  |  |  I |  |  |  |  B |  |  U |  |  |  | 9F |  I |  B |  R |  E |  |  |  |  |  |  |  |
|  |  |  |  |  |  T |  |  |  N |  |  |  |  L |  |  N |  | 10L |  |  |  |  |  B |  |  |  | 11S |  |  |  |  |
|  |  |  |  | 12S |  A |  L |  M |  O |  N |  | 13P |  E |  R |  S |  P |  I |  R |  A |  T |  I |  O |  N |  |  |  I |  |  |  |  |
|  |  |  |  |  |  M |  |  |  A |  | 14B |  |  |  |  A |  |  T |  |  |  |  |  H |  |  |  |  M |  |  |  |  |
|  |  |  |  |  |  I |  |  |  C |  |  U |  |  | 15S |  T |  O |  R |  E |  D |  |  |  Y |  | 16F |  |  P |  |  |  |  |
|  |  |  |  |  |  N |  |  |  I |  |  T |  | 17W |  |  U |  |  E |  |  |  |  |  D |  |  A |  |  L |  |  |  |  |
|  |  |  |  |  |  S |  |  |  D |  |  T |  |  A |  |  R |  |  S |  |  |  |  |  R |  |  T |  |  E |  |  |  |  |
|  |  |  |  |  |  |  | 18E |  S |  S |  E |  N |  T |  I |  A |  L |  |  |  | 19B |  E |  A |  N |  S |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  R |  |  E |  |  T |  |  |  | 20T |  |  |  T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  R |  |  E |  |  | 21P |  R |  O |  T |  E |  I |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  D |  | 22M |  |  A |  |  |  S |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  I |  |  N |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  | 23N |  U |  T |  R |  I |  E |  N |  T |  S |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  F |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 24R |  E |  A |  C |  T |  I |  O |  N |  S |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  T |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  L |  | 25S |  A |  T |  U |  R |  A |  T |  E |  D |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****3.** "Good" fats lower risk of **6.** Cholesterol is not found in **9.** Keeps you regular, lowers cholesterol, controls blood sugar**12.** Good source of omega-3**13.** Water regulates body temperature through \_\_\_**15.** Fat-soluble vitamins are \_\_\_\_\_ in the body**18.** Amino acids from food**19.** Good source of fibre**21.** Builds, maintains, replaces tissue**23.** Help us survive and grow**24.** Water is necessary for chemical \_\_\_**25.** This fat raises blood cholesterol | **Down****1.** Vitamin C and B vitamins are \_\_\_**2.** Complex carbs/starches include \_\_\_ products**4.** The "good" fat in avocados, olives, nuts**5.** Digestion breaks down proteins into **7.** Made up of sugars**8.** A, D, E, K are fat-soluble \_\_\_\_ **10.** Drink 2-3 \_\_\_\_\_\_ of water each day**11.** White sugar is a \_\_\_\_\_\_ carb**14.** A saturated fat**16.** Saturated, monounsaturated, polyunsaturated**17.** "Forgotten nutrient"**20.** In baked goods, fried foods, processed foods**22.** Salt, iron, copper  |