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Nutrients and Digestion

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| **Across****1.** Main source of energy**4.** found in citrus fruits**7.** happens in the small intestines from what the body wants to keep**9.** rebuilds cell membranes and found in lotions**10.** secondary source of energy**11.** responsible for the transfer of oxygen in blood**12.** helps fight illness **14.** sending of nutrients in the digestion process**15.** Mechanical process that happens in the mouth during digestion**16.** needed for muscle growth and production | **Down****2.** Total process of breakdown, absorption, and transfer of nutrients**3.** our body is made up of 70% of this**5.** makes energy and red blood cells**6.** Comes from the sun**8.** Helps the eyes and skin**13.** Promotes strong bones |