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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 |