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

Nutrients

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1O |  |  |  | 2N |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3P |  R |  O |  T |  E |  I |  N |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  G |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  |  |  H |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  G |  | 4N |  U |  T |  S |  |  |  |  |  |  | 5F |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  E |  |  |  |  B |  |  |  |  |  |  |  |  L |  |  |
|  |  |  |  |  |  | 6P |  |  |  |  |  |  |  |  |  |  |  |  |  L |  |  |  |  |  |  |  |  O |  |  |
|  |  |  |  |  |  |  E |  |  |  |  |  |  |  | 7S |  U |  N |  S |  H |  I |  N |  E |  |  |  |  |  |  U |  |  |
|  |  |  |  |  |  |  L |  |  |  |  |  |  | 8S |  |  |  |  |  |  N |  |  | 9C |  |  |  |  |  R |  |  |
|  |  |  |  |  |  |  L |  | 10P |  |  |  | 11B |  C |  |  |  |  |  |  D |  |  | 12A |  N | 13A |  E |  M |  I |  A |  |
|  |  |  |  |  |  |  A |  |  H |  | 14F |  |  |  U |  | 15C |  | 16S |  |  N |  |  |  R |  |  S |  |  |  N |  |  |
|  | 17H |  A |  E |  M |  O |  G |  L |  O |  B |  I |  N |  |  R |  |  A |  | 18A |  D |  E |  K |  |  B |  | 19C |  |  |  E |  |  |
|  |  |  |  |  |  |  R |  |  S |  |  B |  |  |  V |  |  L |  |  T |  |  S |  |  |  O |  |  O |  |  |  |  |  |
|  |  |  |  |  |  |  A |  |  P |  |  R |  |  |  Y |  |  C |  |  U |  |  S |  |  |  H |  |  R |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  H |  |  E |  |  |  | 20F |  I |  B |  R |  E |  |  |  |  Y |  | 21B |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  O |  |  |  |  | 22R |  |  U |  |  A |  |  |  |  |  D |  |  I |  |  |  |  |  |
|  |  |  |  | 23W |  A |  T |  E |  R |  | 24S |  O |  D |  I |  U |  M |  |  T |  |  |  |  |  R |  | 25C |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  O |  |  |  |  |  C |  |  |  |  E |  |  |  |  |  A |  |  A |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  U |  |  |  |  | 26K |  | 27P |  | 28D |  |  | 29F |  A |  T |  |  C |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  S |  |  |  |  |  E |  |  R |  |  |  |  |  |  |  E |  |  I |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 30O |  S |  T |  E |  O |  P |  O |  R |  S |  I |  S |  |  |  D |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  S |  |  T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  E |  | 31M |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 32B |  E |  R |  I |  B |  E |  R |  I |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  N |  |  A |  |  |  |  |  |  |  |  |  |  |  |  |
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| **Across****3.** Macro nutrient**4.** source of vitamin e, many people have allergies to this**7.** source of vitamin d**11.** water soluble vitamins**12.** deficiency disease of iron**17.** iron makes this substance in the blood, it helps carry oxygen **18.** fat soluble vitamins**19.** the function of this vitamin is to heal cuts and wounds**20.** helps prevent bowel disease and constipation**21.** the function of this vitamin is to release energy from food and health nerves**23.** we should drink 8 glasses of this aday**24.** this mineral controls water balance in the body**25.** this vitamin helps absorb iron**26.** the vitamin that helps blood clot**28.** this vitamin helps absorb calcium**29.** this nutrient protects our delicate organs**30.** deficiency disease of calcium**32.** deficiency disease of vitamin b | **Down****1.** a citrus source of vitamin c**2.** deficiency disease vitamin A**5.** this mineral helps make teeth strong**6.** another deficiency disease of vitamin b**8.** deficiency disease of vitamin c**9.** a macro nutrient**10.** this mineral combines with calcium for strong bones and teeth**13.** another name for vitamin c**14.** the RDA of this nutrient if 25-35g aday**15.** a mineral found in the bones of tinned fish**16.** too much of this type of fat builds cholestrol on the walls of our arteries**22.** deficiency disease vitamin D**27.** this nutrient helps produce hormones, enzymes and antibodies**31.** a source of vitamin b from an animal |