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

Nutrients

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1  O |  |  |  | 2  N |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3  P | R | O | T | E | I | N |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | A |  |  |  | G |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | N |  |  |  | H |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | G |  | 4  N | U | T | S |  |  |  |  |  |  | 5  F |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | E |  |  |  | B |  |  |  |  |  |  |  | L |  |  |
|  |  |  |  |  |  | 6  P |  |  |  |  |  |  |  |  |  |  |  |  | L |  |  |  |  |  |  |  | O |  |  |
|  |  |  |  |  |  | E |  |  |  |  |  |  |  | 7  S | U | N | S | H | I | N | E |  |  |  |  |  | U |  |  |
|  |  |  |  |  |  | L |  |  |  |  |  |  | 8  S |  |  |  |  |  | N |  |  | 9  C |  |  |  |  | R |  |  |
|  |  |  |  |  |  | L |  | 10  P |  |  |  | 11  B | C |  |  |  |  |  | D |  |  | 12  A | N | 13  A | E | M | I | A |  |
|  |  |  |  |  |  | A |  | H |  | 14  F |  |  | U |  | 15  C |  | 16  S |  | N |  |  | R |  | S |  |  | N |  |  |
|  | 17  H | A | E | M | O | G | L | O | B | I | N |  | R |  | A |  | 18  A | D | E | K |  | B |  | 19  C |  |  | E |  |  |
|  |  |  |  |  |  | R |  | S |  | B |  |  | V |  | L |  | T |  | S |  |  | O |  | O |  |  |  |  |  |
|  |  |  |  |  |  | A |  | P |  | R |  |  | Y |  | C |  | U |  | S |  |  | H |  | R |  |  |  |  |  |
|  |  |  |  |  |  |  |  | H |  | E |  |  |  | 20  F | I | B | R | E |  |  |  | Y |  | 21  B |  |  |  |  |  |
|  |  |  |  |  |  |  |  | O |  |  |  |  | 22  R |  | U |  | A |  |  |  |  | D |  | I |  |  |  |  |  |
|  |  |  |  | 23  W | A | T | E | R |  | 24  S | O | D | I | U | M |  | T |  |  |  |  | R |  | 25  C |  |  |  |  |  |
|  |  |  |  |  |  |  |  | O |  |  |  |  | C |  |  |  | E |  |  |  |  | A |  | A |  |  |  |  |  |
|  |  |  |  |  |  |  |  | U |  |  |  |  | 26  K |  | 27  P |  | 28  D |  |  | 29  F | A | T |  | C |  |  |  |  |  |
|  |  |  |  |  |  |  |  | S |  |  |  |  | E |  | R |  |  |  |  |  |  | E |  | I |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 30  O | S | T | E | O | P | O | R | S | I | S |  |  | D |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | S |  | T |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | E |  | 31  M |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 32  B | E | R | I | B | E | R | I |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | N |  | A |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | T |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **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 |