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

Nutrition & Wellness

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|  |  | 4  E | N | Z | Y | M | E | S |  | O |  | B |  | A |
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| 5  T | Y | P | E | 2 | D | I | A | B | E | T | E | S |  | S |
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|  |  | 6  V |  | 7  T | H | I | A | M | I | N |  | Y |  | U |
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|  | 9  C | A | R | B | O | H | Y | D | R | A | T | E | S |  |
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| **Across**  **4.** Zinc helps \_\_\_\_ perform their function.  **5.** Most common form of the disease.  **7.** Vitamin B is also known as \_\_\_\_\_\_\_\_.  **8.** riboflavin helps helps use \_\_\_\_\_\_ for cells.  **9.** Which nutriend helps provide energy and has starchy foods as a source?  **10.** fat like substance thats found in every cell in the bodyb and occurs in foods of aminal organ | **Down**  **1.** function of protein  **2.** risk factor for many types of cancer  **3.** Vitamins A,D,E,K  **6.** helpsn the ciollagen |