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

Six Main Nutrients!!

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 1 |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 3 |  |  |  |  |  |  | 4 |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  | 5 |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 6 |  |
|  |  |  |  |  |  |  |  |  | 7 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 8 |  |  |  |  |  |  |  |  |  | 9 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 10 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  | 11 |  |  |  |  |  |  |  |  | 12 |  |  |  |  |  |  |  | 13 |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  | 14 |  | 15 |  |  |  |  |  |  |  |  |  |  |  | 16 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | 17 |  |  |  |  |  |  |  |  |  | 18 |  |  |  |  |  |  | 19 |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  | 20 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 21 |  |  |  |  |  |  |  |  |  | 22 |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | 23 |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 24 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  | 25 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Across****5.** Our body's are made of 70% of this nutrient. **8.** This vitamin is in not many foods, but you can get it from the sun. **11.** You can get this vitamin in high amounts from oranges.**13.** These are components of foods, that are needed for your body to function. **17.** You get this vitamin mainly from citrus fruits, but also other fruits, and some vegetables. **18.** You need an average of 2000 of these in a day.**20.** This type of carbohydrate is found in milk, and fruits. **21.** This protein comes from animal sources.**22.** A main nutrient you get from eating meat, nuts, legumes, and turns into amino acids.**24.** This nutrient is divided into two categories. Simple and Complex. **25.** This type of protein is plant based. | **Down****1.** You get this fat from plant sources.**2.** This vitamin helps turn food into "fuel".**3.** Helps carry oxygen in the blood.**4.** Mixing peanut butter with whole grains will make this type of protein.**6.** This fat is very unhealthy, and can be found in processed foods.**7.** Helps maintain and create new blood cells.**9.** This carbohydrate is found in beans, and whole grains.**10.** This can is found in dairy products, and is important for bone structure. **12.** This vitamin can help your skin.**14.** This vitamin slows blood clotting. **15.** You need at least 8 cups of this in a single day.**16.** This isn't a nutrient, but is important for bowel movements. **19.** You get this fat from animal sources.**23.** This nutrient can come as saturated or unsaturated.  |