The 6 Main Nutrients

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|  |  |  |  |  |  | 6  P | L | A | N | T | S |  |  |  | L |  |  |  |  |
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| 13  A | N | T | I | O | X | I | D | E | N | T |  | 14  E | N | E | R | G | Y |  | N |
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| 15  D |  | R |  | I |  | R |  | 16  I | M | M | U | N | E |  | O |  |  |  | O |
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| **Across**  **4.** Another word for salt is?  **5.** Vitamin K promotes \_\_\_\_\_\_ blood clotting  **6.** What is the source for unsaturated fat?  **9.** What mineral helps strengthen bones and teeth?  **13.** Vitamin E is an \_\_\_\_\_\_\_\_\_\_\_  **14.** Caloriesis another word for \_\_\_\_\_\_  **16.** Vitamin C helps this system function?  **17.** Trans Fat is in what type of food?  **18.** 75% of your body is composed of this  **19.** Saturated and Unsaturated are examples of what?  **20.** Beef, Chicken, Pork, Eggs, Milk, Cheese, Sour Cream, Butter and Yogurt come from this source?  **21.** Simple and \_\_\_\_\_\_\_ carbohydrates  **22.** Vitamin A helps prevent night \_\_\_\_\_\_\_\_\_ | **Down**  **1.** What nutrient helps carry oxegen to the cells?  **2.** Jam and Cornsyrup are examples of \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_.  **3.** Peanuts, Treenuts, Whole Grains and Oils are food sources for what nutrient?  **7.** 14 is examples of this type of fat?  **8.** A lack of this vitamin can cause scurvy  **10.** This nutrient is important during pregnacy  **11.** \_\_\_\_\_ is not considered a nutrient because it does not get absorbed by the body.  **12.** \_\_\_\_\_\_\_\_\_\_ protein helps with tissue repair and growth  **15.** Vitamin D helps to prevent \_\_\_\_\_\_\_\_\_\_ |

   Calcium       Water       Fats       Vitamin C       Sodium       Folic Acid       Vitamin E       Processed       Complex       Immune       Iron       Energy       Plants       Animals       Saturated       Fibre       Normal       Incomplete       simple carbohydrates       depression       blindness       antioxident