The 6 Main Nutrients

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|  |  |  |  |  |  |  |  | 3V |  |  |  |  |  R |  |  I |  |  |  |  |
|  |  |  |  |  | 4S |  O |  D |  I |  U |  M |  | 5N |  O |  R |  M |  A |  L |  |  |
|  |  |  |  |  |  |  |  |  T |  |  |  |  |  N |  |  P |  |  |  |  |
|  |  |  |  |  |  | 6P |  L |  A |  N |  T |  S |  |  |  |  L |  |  |  |  |
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|  |  | 7S |  |  |  |  |  |  I |  | 8V |  | 9C |  A |  L |  C |  I |  U |  M |  |
|  |  |  A |  | 10F |  | 11F |  |  N |  |  I |  |  |  |  |  A |  |  |  | 12I |
| 13A |  N |  T |  I |  O |  X |  I |  D |  E |  N |  T |  | 14E |  N |  E |  R |  G |  Y |  |  N |
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| 15D |  |  R |  |  I |  |  R |  | 16I |  M |  M |  U |  N |  E |  |  O |  |  |  |  O |
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|  I |  | 20A |  N |  I |  M |  A |  L |  S |  | 21C |  O |  M |  P |  L |  E |  X |  |  |  |
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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