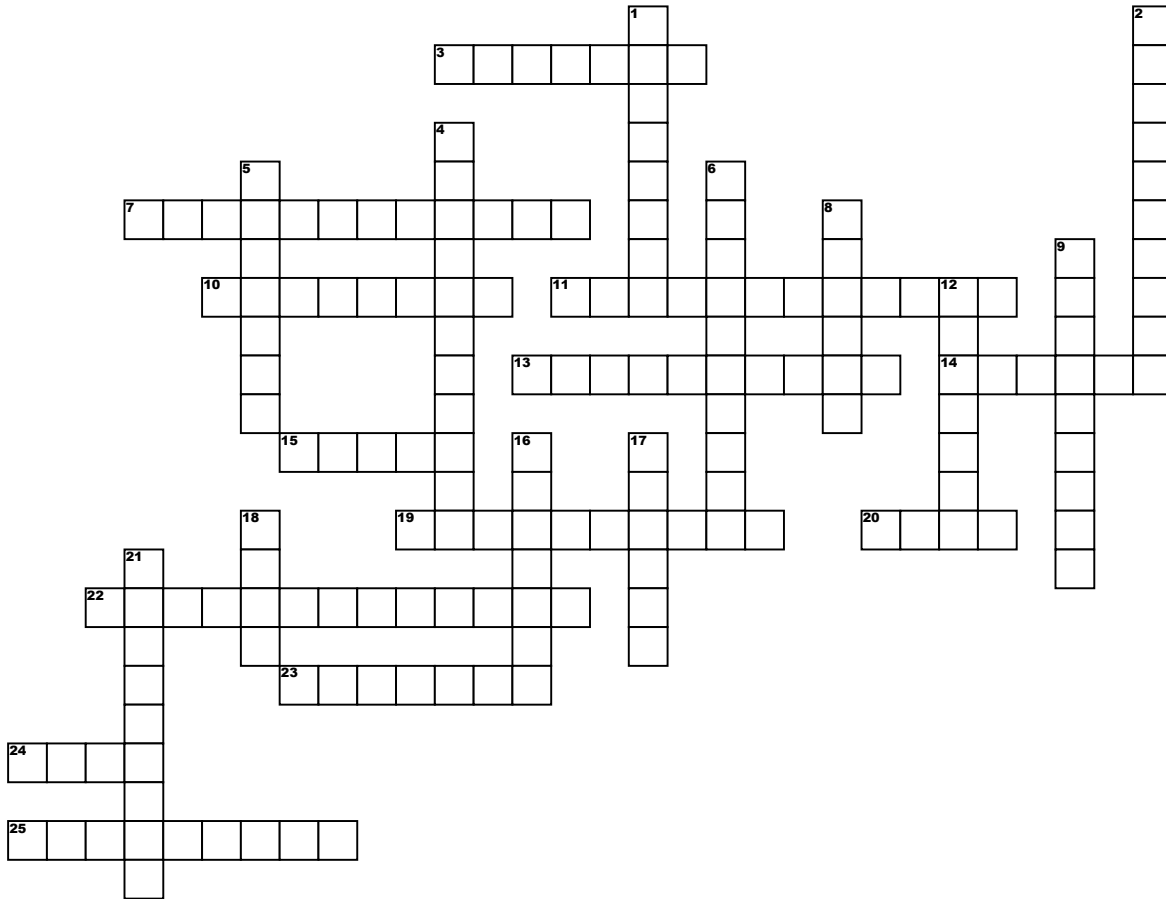


Name: _____

Date: _____

Period: _____

25 Nifty Nutrients By: Charlotte



Across

3. The chemical element of atomic number 20.

7. A medical condition in which the bones become brittle and fragile from loss of tissue.

10. A condition in which feces are discharged from the bowels frequently and in a liquid form.

11. A substance that inhibits oxidation, especially one used to counteract the deterioration of stored food products.

13. A non-metallic multivalent element that occurs widely in combined form.

14. The chemical element of atomic number 53.

15. A thread or filament from which a vegetable tissue, mineral substance, or textile is formed.

19. Any of the kinds of cells normally found circulating in the blood.

20. A mineral that is essential to the body and is a constituent of many enzymes that permit chemical reactions to proceed at normal rates.

22. They contain hydrogen and oxygen in the same ratio as water.

23. Organic compounds that are essential for normal growth and nutrition.

24. A natural oily or greasy substance occurring in animal bodies.

25. Holding as much water or moisture as can be absorbed.

Down

1. A substance that provides nourishment essential for growth and the maintenance of life.

2. A colorless weakly basic solid present chiefly in cereals, liver oils, and yeast.

4. A compound of the sterol type found in most body tissues.

5. Essential for growth and vision in dim light.

6. Fat-soluble alcohols with antioxidant properties, important in the stabilization of cell membranes.

8. The major positive ion (cation) in the fluid surrounding cells in the body.

9. Found especially in leafy green vegetables, liver, and kidney.

12. It is a sulfur-containing derivative of thiazole and pyrimidine.

16. Are an essential part of all living organisms, especially as structural components of body tissues such as muscle.

17. The strength and vitality required for sustained physical or mental activity.

18. Also a strong, hard magnetic silvery-gray metal, the chemical element of atomic number 26.

21. The chemical element of atomic number 12.