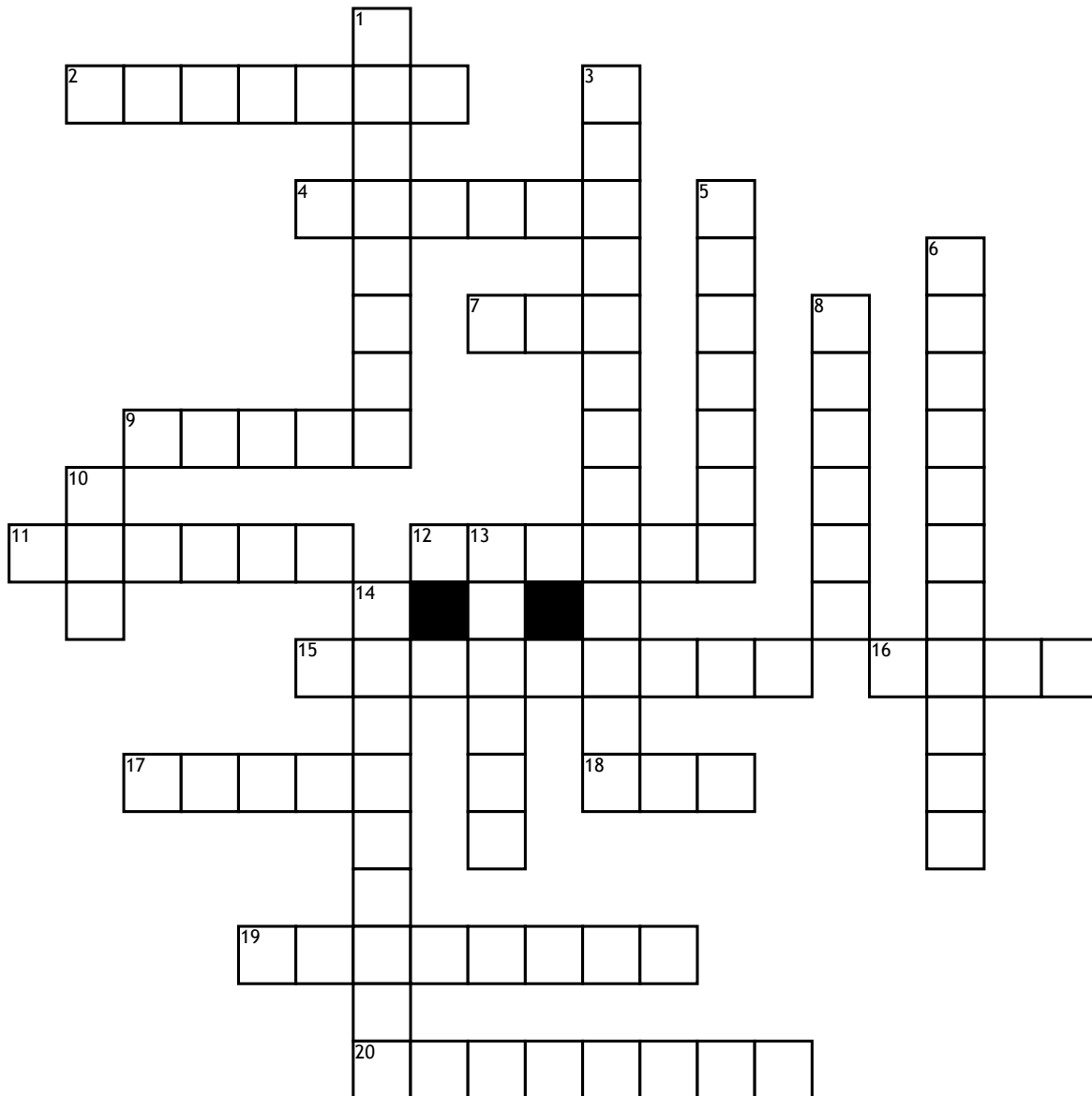


Name: _____ Date: _____

6 Essential Nutrients



Across

2. _____ can only function right if your body is getting enough fats and carbohydrates.
4. Vitamins can protect against this.
7. How many types of carbohydrates are there?
9. You should eat _____ instead of supplements.
11. A healthy eating pattern limits saturated fats, trans fats, added _____, and sodium.
12. Our bodies store fat for _____.

15. The study of nutrients and how the body uses them
16. Our bodies _____ fat.
17. Up to 70% of your body is made of this.
18. How many essential nutrients are there?
19. _____ maintain your body's fluid balance.
20. What kind of mode does your body go into if you are not getting enough energy and food resources?

Down

1. What keeps the body's tissue healthy and systems working properly?

3. What is the main source of energy for our bodies?
5. Since fat is found in almost all foods, you should choose _____ meals and snacks.
6. Fiber can lower your _____.
8. It is suggested that you eat produce rich in what?
10. Calories in = Calories _____
13. Water helps keep your body temperature _____.
14. We need to eat a variety of foods because not one food has all of the _____.