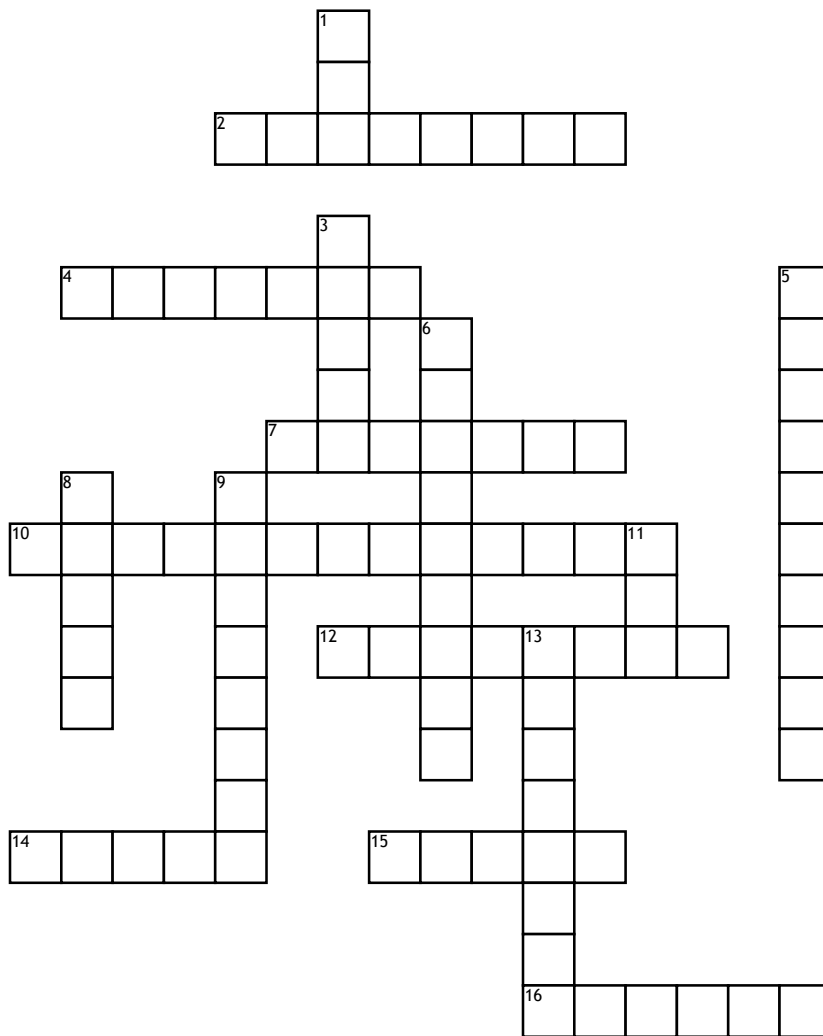


Name: _____ Date: _____ Period: _____

6 Major Nutrients



Across

2. _____ is a water soluble vitamin
4. A major mineral needed for strong bones and teeth
7. Repairs and builds muscle and body tissue
10. Major source of energy
12. organic substances that help regulate body functions
14. Only a small amount of these minerals are needed.

15. Can absorb water and make you feel full
16. An example of a complex carb is

Down

1. concentrated source of energy
3. An example of a simple carb is
5. Protein from plants sources

6. Type of fat found mainly in animal products

8. Aids in digestion and is needed to transport nutrients

9. Contains all of the essential amino acids: _____ protein.

11. Our bodies make Vitamin D with the help of the _____.

13. Non-living substances that become part of our bodies

Word Bank

sugar

Carbohydrates

calcium

vitamin C

Vitamins

minerals

complete

Sun

saturated

Fibre

incomplete

starch

Protein

water

Trace

fat