

6 Nurtrients

Across

2. Other than from the food you eat, what is another form of vitamins and minerals?

4. This is not a nutrient because it does not get absorbed by the body.

9. Regulates body functions

12. Support function of the heart

16. Sugars and Starches are forms of

18. What part of your body does water hydrate?

19. Orange Juice is a significant source of what vitamin?

20. Provides energy for the body to use

Down

1. Absolutely necessary; extremely important.

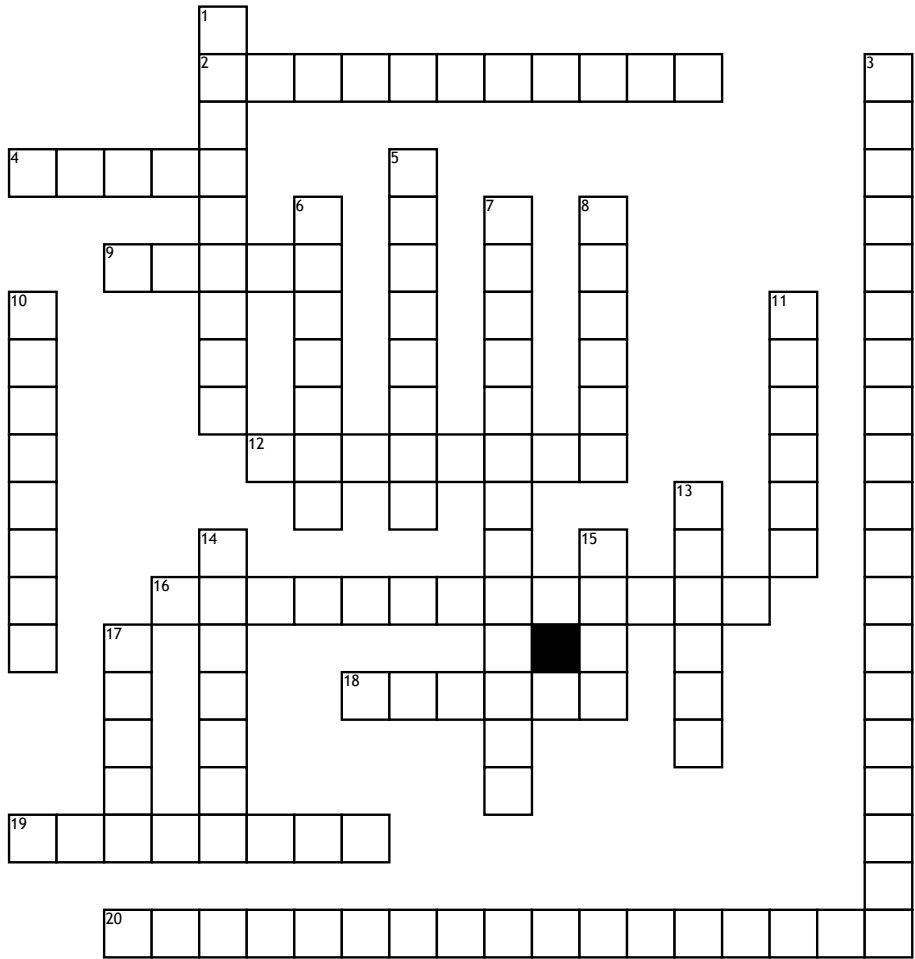
3. Other than drinking water, what food group can you get the MOST water from?

5. When considering the six nutrients it is important to keep it...

6. Builds and repairs muscle tissues

7. Beef, chicken, pork, eggs, milk, cheese, yogurt, sour cream, cream cheese and butter all contain what type of fat?

8. Carbohydrates can be found in the _____ group.



- 10. Protect against certain diseases
- 11. Stores energy for the body
- 13. what do carbohydrates, protein and fat all provide?
- 14. what type of mineral strengthens bones and teeth?
- 15. Which nutrients protects organs?
- 17. Vitamins and Minerals can be found in this food group.

