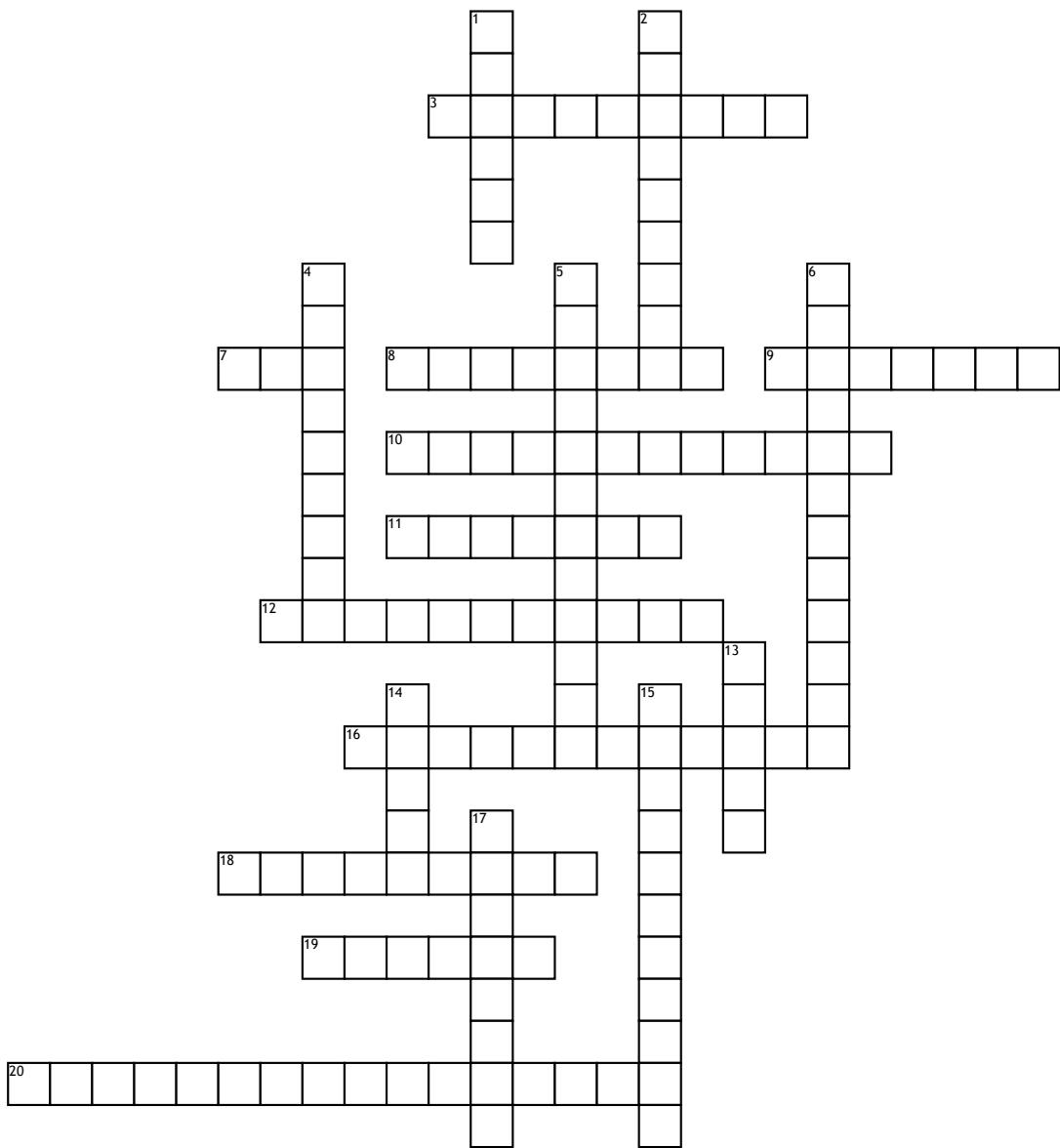


Name: _____

Date: _____

ATOMS Nutrition



Across

- 3. helps prevent cramping
- 7. most concentrated source of energy
- 8. number of vitamins that serve as regulators for the body
- 9. Try different vegetables, because our bodies like ___
- 10. two types, simple and complex
- 11. play a vital role in muscle contraction and relaxation
- 12. plant derivatives, liquid at room temperature

16. type of vitamin that regulates metabolism but can't be stored

18. One of the most harmful fats: _____.

19. Also called simple carbohydrates

20. _____ types of beverages should be easily accessible during activity

Down

- 1. main source of carbohydrates
- 2. Fiber will not dissolve in water

4. _____ is the science of substances found in food that are necessary for life.

5. found in dark green and orange fruits and vegetables

6. Trans and saturated fats can cause what?

13. insoluble and soluble and two types of _____

14. most essential nutrient for the body

15. Proper nutrition can positively contribute to

17. An example of this carbohydrate is rice, potatoes and bread