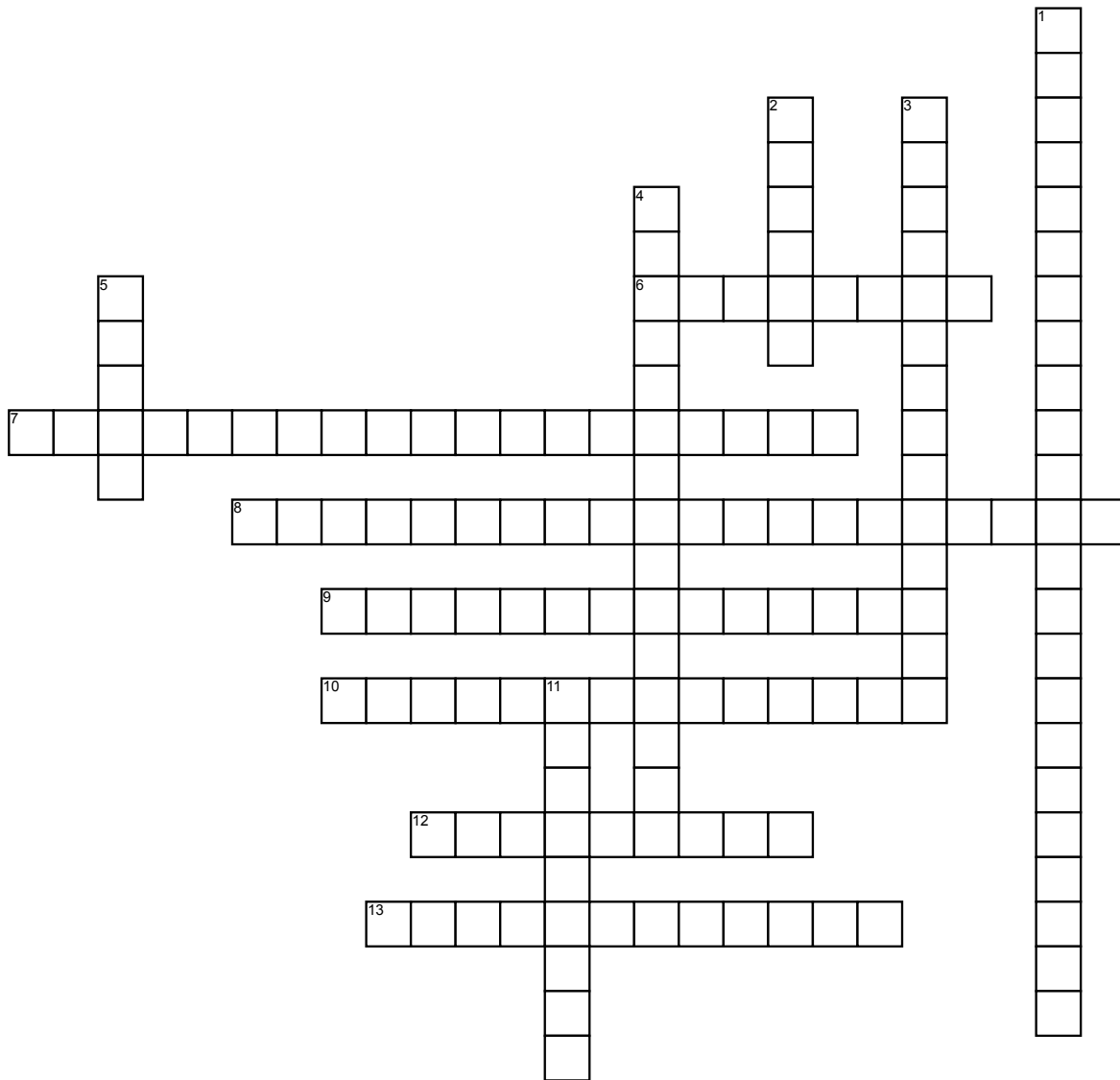


Ch 4: Nutrition Crossword



Across

- 6. a carbohydrates is to provide the body with heat and energy
- 7. These are diseases that occur in the body when they are lacking nutrients
- 8. Carbon, Hydrogen, Oxygen & Nitrogen are the of protein

- 9. This is a way of grouping similar nutrients together
- 10. These nutrients must be digested properly to be used in the body
- 12. Our body needs these to function properly
- 13. Food has six of these

Down

- 1. WHO stand for

- 2. eggs are a of protein
- 3. Our bodies need small amounts of these. eg vitamins, minerals
- 4. The average intake of a nutrient for a specific person of age, gender and size
- 5. What is the sixth constituent that IS NOT a nutrient
- 11. is the study of food