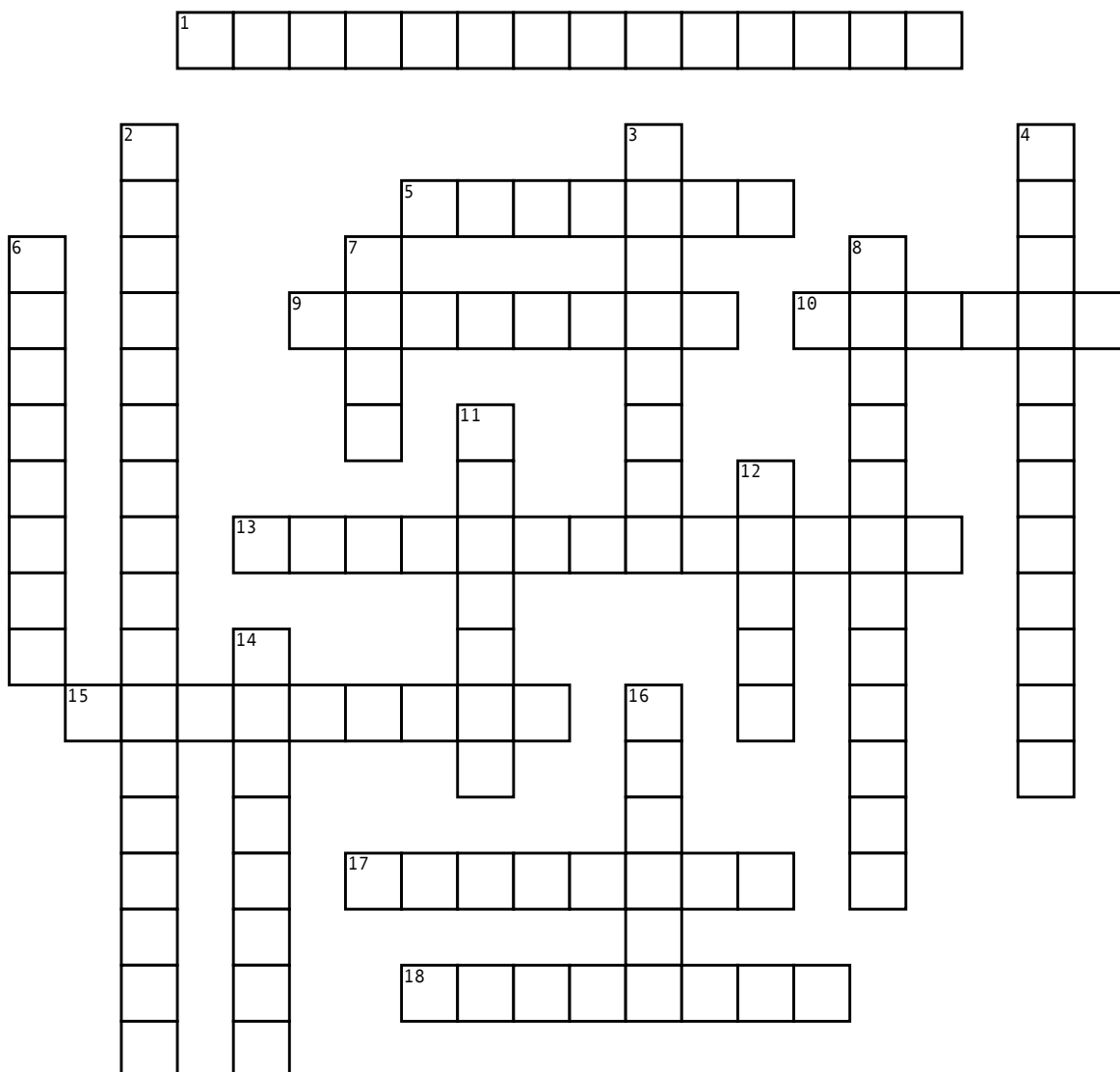


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Food and Nutrition



## Across

1. insulates and protects organs
5. Strengthens bones and teeth
9. transports and stores vitamins A,D,E,K
10. Maintain water balance
13. Provides energy, Candy,honey,table sugar, fruit
15. Aids in the formation of red blood

17. Promotes normal blood clotting

18. Promotes healthy skin and hair, Antioxidant

## Down

2. provides energy, Plant sources
3. Assists in bone development
4. Provides energy
6. Helps prevent night blindness

7. Helps carry oxygen to add cells

8. provides energy, Potatoes, pasta,cereal,bread,Rice

11. Provides energy, tissue repair and growth

12. Body is composed of 75% of it

14. boosts the immune system

16. Normal muscle contractions