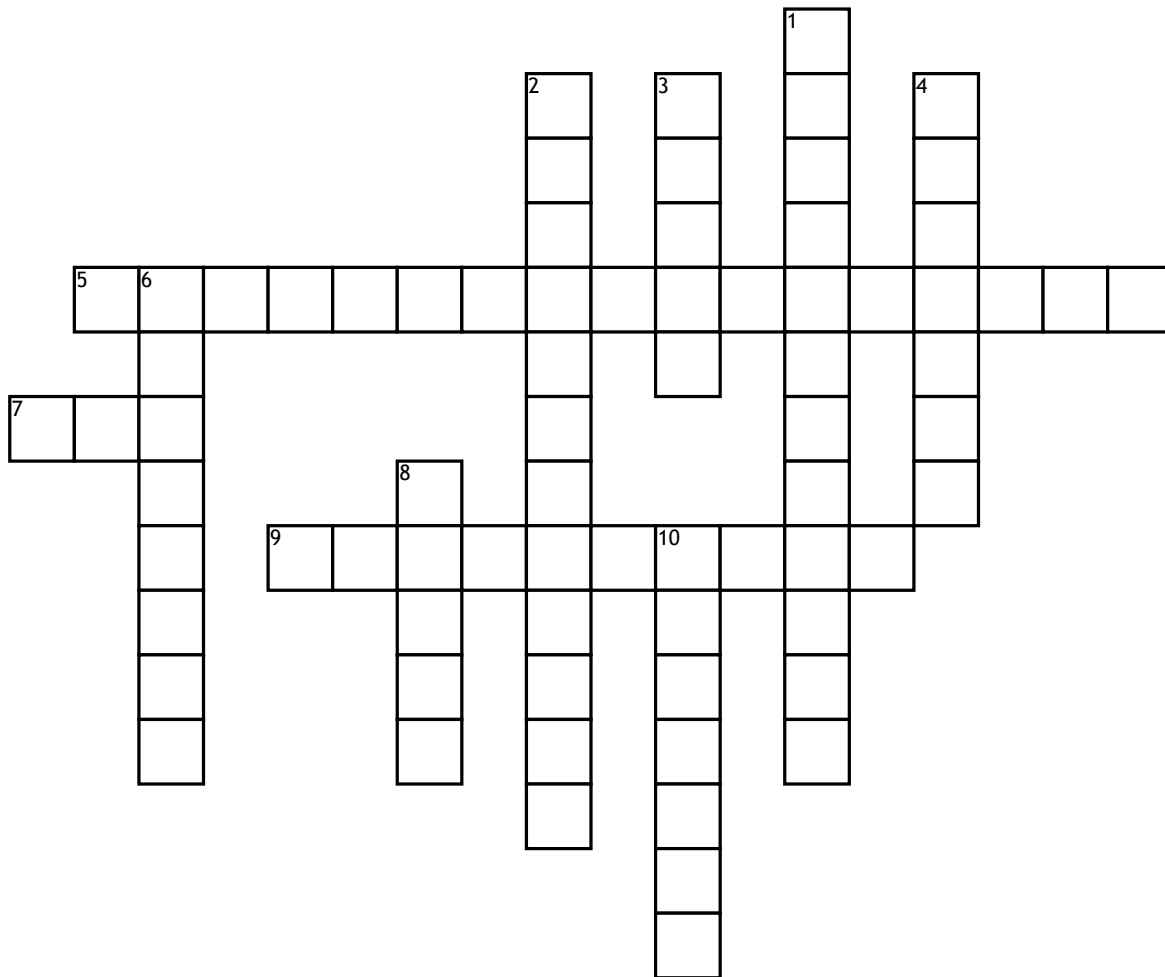


Name: _____

Date: _____

Lesson 31 Nutrition



Across

5. protein from plant sources that doesn't contain amino acids

7. nutrient that provides energy and helps the body store vitamins

9. building blocks that make up proteins

Down

1. type of fat from dairy products, vegetable fat, meat, and poultry

2. vitamin that dissolves in water and can't be stored by the body

3. nutrient that is involved with all body processes

4. nutrient that is needed for growth, repair, maintain body tissues, supply energy

6. substance in food that helps with growth and repair of cells, provide energy

8. part of grains that can't be digested

10. unit of energy produced by food and used by body