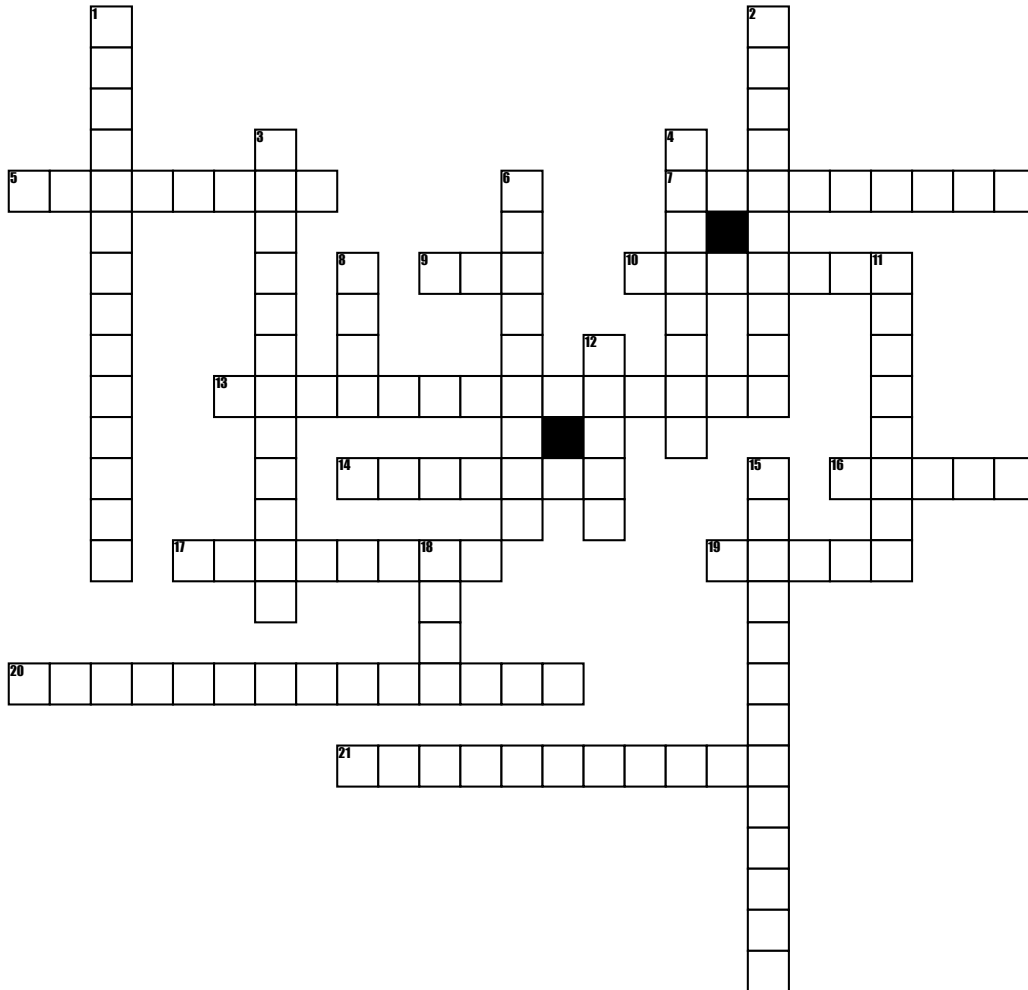


Name: _____

Macronutrients & Micronutrients



Across

5. What Macronutrient should be 10%-35% of the human diet?

7. Unlike Vitamins, minerals are what kind of elements?

9. _____ is not only essential for growth and development but also help you absorb nutrients and vitamins from the foods you eat?

10. What do teeth and bones contain the most of?

13. "Iron" is an example of _____?

14. What is a simple sugar that is an important energy source in living organisms and is a component of many carbohydrates?

16. What is a forgotten nutrient?

17. What is a chemical substance that comes from the food you eat?

19. What's the metric unit of mass equal to one thousandth of a Kilogram?

20. What is a type of food required in large amounts in the human diet?

21. What kind of fats offer protection and insulation to bodily organs?

Down

1. _____ are plant compounds that can have a positive impact on your health?

2. What are the building blocks of proteins?

3. What can safeguard the body against the damage inflicted by free radicals?

4. What are life-sustaining organic compounds which are not produced by the body?

6. _____ is the process of providing or obtaining the food necessary for health and growth?

8. How many Calories per gram are in Carbohydrates or Proteins?

11. Calcium in milk and iron in red meat are examples of _____?

12. _____ is an indigestible form of carbohydrates?

15. What Macronutrient delivers fuel to the body during high-intensity exercise?

18. How many calories per gram are in fats/lipids?

Word Bank

Grams

Antioxidants

Vitamins

Nine

Fiber

Inorganic

Water

Phytonutrients

Unsaturated

Minerals

Macronutrients

Four

Carbohydrates

Nutrient

Micronutrients

Fat

Glucose

Calcium

Amino Acids

Nutrition

Proteins