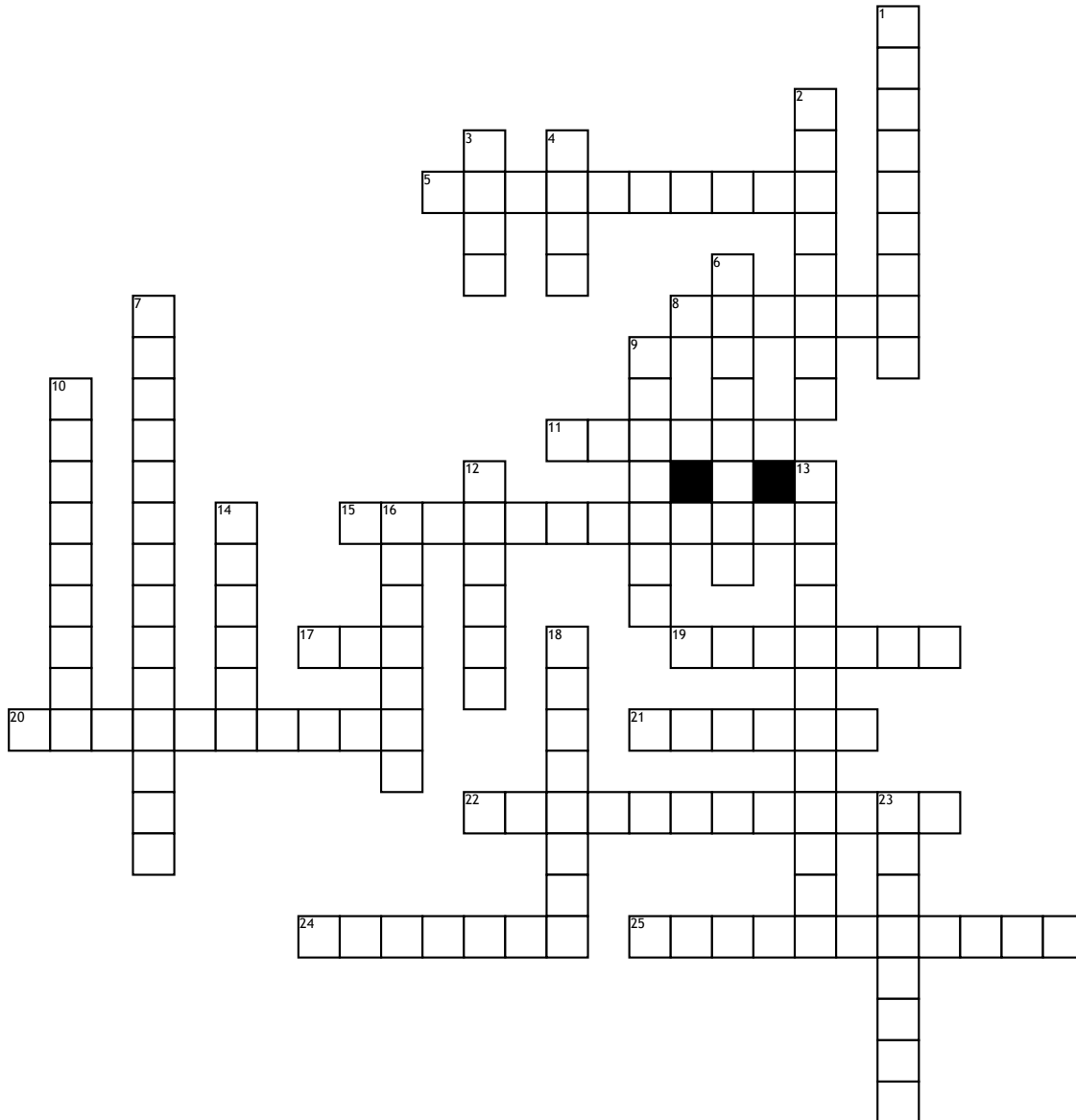


Name: _____

Date: _____

NUTRIENTS



Across

- 5. The scientific name for Vitamin B2
- 8. Goiter is the result of a ____ deficiency.
- 11. glucose, galactose, and fructose are __ sugars.
- 15. sodium, chloride, and potassium are
- 17. Vitamins A, D, E, and K are ____ soluble vitamins.
- 19. Table sugar is
- 20. Proteins are broken down to
- 21. The scientific name for Vitamin B3
- 22. Vitamins A, C, and E are

- 24. all carbs are broken down to
- 25. If you do not have adequate amounts of water

Down

- 1. food from animal sources have ____ fat.
- 2. Vitamin D is the ____ vitamin.
- 3. There are __ calories per gram of fat
- 4. There are ____ calories per gram of carbohydrate
- 6. A protein containing all essential amino acids
- 7. A vitamin deficiency may result in

- 9. Starches and fiber are __ carbohydrates
- 10. Muscle cramps may be due to lack of
- 12. A vitamin C deficiency causes
- 13. Another name for Vitamin C
- 14. A deficiency of iron may lead to
- 16. The sugar in milk is
- 18. The sweetest sugar
- 23. The scientific name for Vitamin B 1