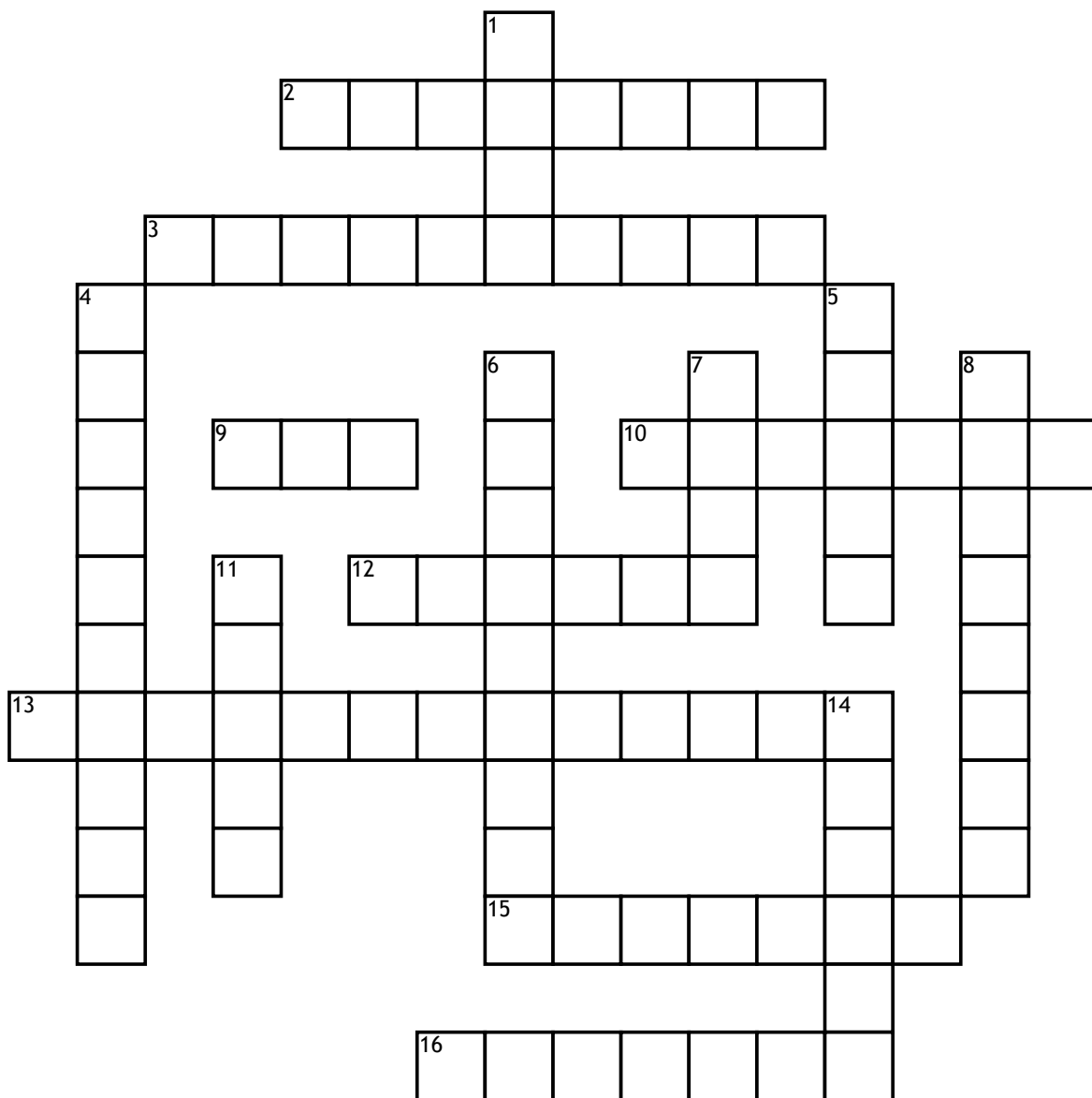


Name: _____

Date: _____

NUTRIENT CROSSWORD



Across

2. ITS GOOD FOR YOUR EYE SIGHT
 3. ITS A LOW CARB DIET
 9. ITS A RATIO
 10. REPAIRS CELLS AND IS OOD FOR YOUR HEALTH
 12. ALSO KNOWN AS B3
 13. GIVES YOU HEAPS OF ENERGY
 15. IT IS ALSO KNOWN AS B1

Down

1. ITS MAIN FOOD SOURCE IS DAIRY FOOD AND MEAT
 4. ALSO KNOWN AS B2
 5. KEEPS YOU HYDRATED
 6. IT HAS DIFFERENT STAGES THOUGHOUT THE DIET
 7. CARRIES OXYGEN
 16. FOR STRONG BONES

Across

8. ITS GOOD FOR YOUR SKIN
 11. THE BEST FOOD SOURCE IS WHOLE GRAIN AND OATS
 14. CONTROLS WATER LEVEL