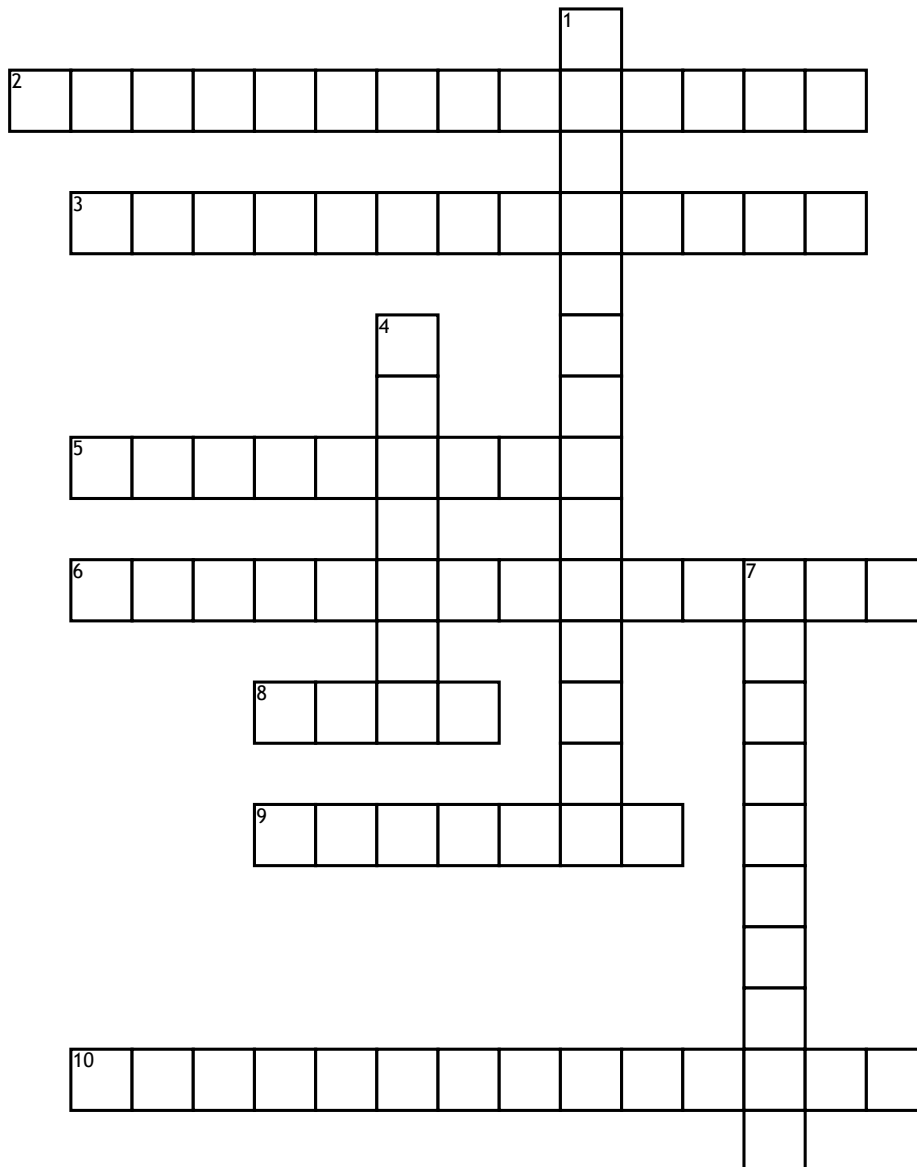


Name: \_\_\_\_\_

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

# Nutrient Crossword



## Across

- 2. A type of food required in large amounts in the human diet
- 3. Examples of this are bread, bagels, rice and pasta
- 5. A very restrictive meal plan that is unsustainable for a long period of time
- 6. An example of this is asthma, cancer, diabetes and cystic fibrosis
- 8. One of the three main macronutrients along with carbohydrates and protein

## 9. A simple sugar

- 10. Obsession with food, body weight and shape may be a sign of an

## Down

- 1. Essential elements required by organisms in small quantities
- 4. A diet that promises quick weight loss and is very unhealthy
- 7. This is an acid that is only required for young not adults