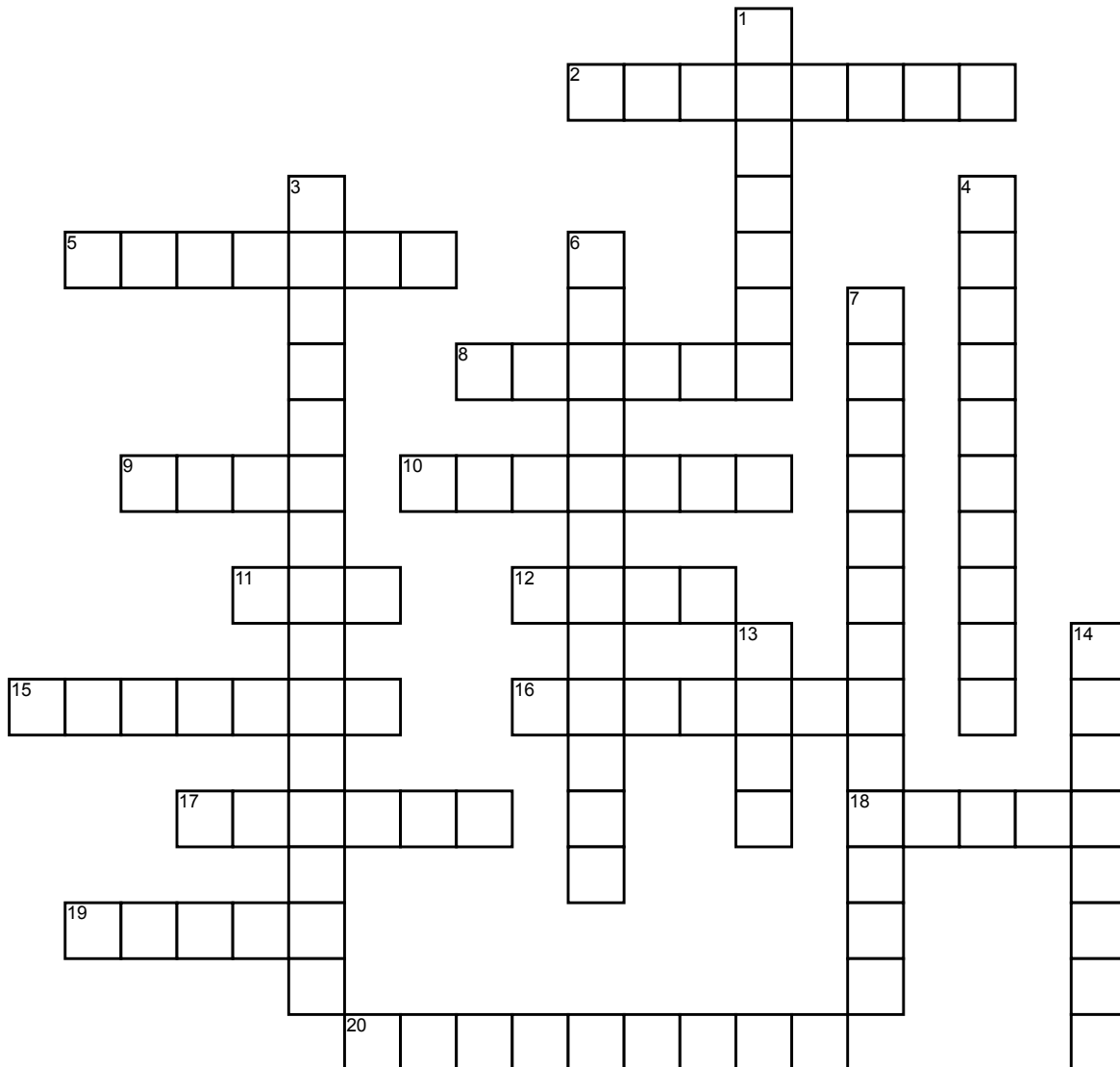


Name: _____

Date: _____

Nutrient Crosswords



Across

- 2.** One of the harmful fats
5. Example of simple sugar
8. Form of rice, paste, and bread products
9. That promotes healthy and normal cell growth
10. Nutrient group containing meat, eggs and beans
11. The body uses _____ as fuel
12. Your bones gets strong when drinking this
15. Milk contains this mineral to make bones strong

16. One of the animal sources of protein are

17. the main sources of carbohydrates is

18. Type of acid that makes up proteins

19. Complex carbohydrates are broken down into two

20. This is one type of bad fat start with S

Down

1. Proteins that are essential for breaking down foods chemically

3. one type of unsaturated fat start with M

4. This is one of 2 types of proteins

6. By eating too much fat, you can get this

7. These are great sources of energy in rice and sweet potato ?

13. Complex carbohydrates are _____ for your health

14. What is a unit of energy that measures how much energy food provides to the body