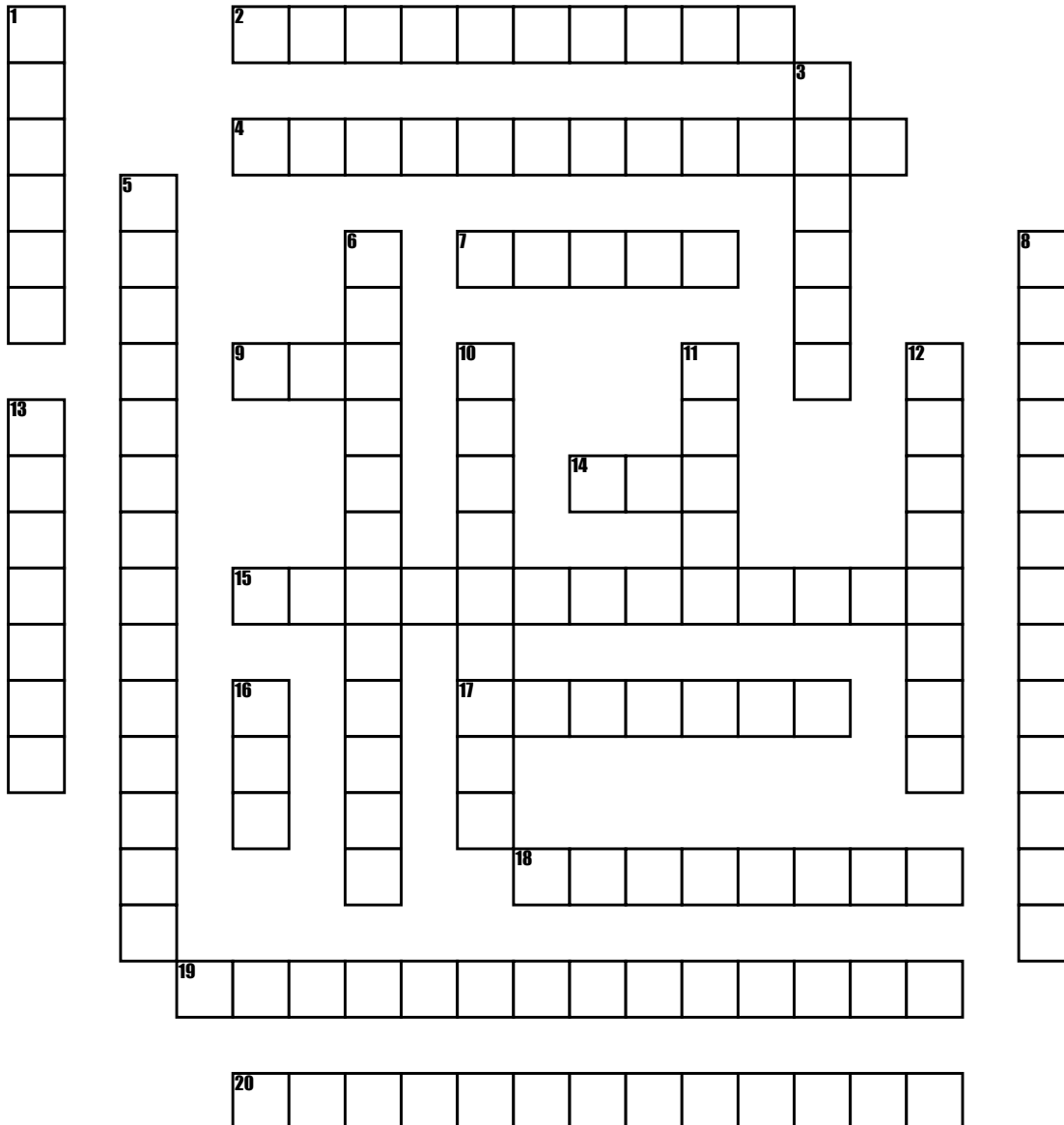


# Nutrients



**Across**

- 2.** Protein from plants
- 4.** Lots of energy, few nutrients
- 7.** Carbs turn to?
- 9.** Good cholesterol
- 14.** 4-18 yrs. need 25-35% daily
- 15.** Complex and simple \_\_\_\_\_?
- 17.** Digested slowly

**18.** Protein from animals

- 19.** \_\_\_\_\_ nutrients provide fat, carbs, and protein
  - 20.** Combination of foods to create a complete protein
- Down**

- 1.** Starchy vegetable
- 3.** Turns to sugar fast
- 5.** \_\_\_\_\_ nutrients provide vitamins and minerals

**6.** When you don't

- eat/drink all 6 nutrients
- 8.** Many nutrients, less energy
- 10.** Need 20 a day
- 11.** Another word for h2O
- 12.** Really bad fat
- 13.** Repairs, replace, and makes new cells
- 16.** Bad cholesterol