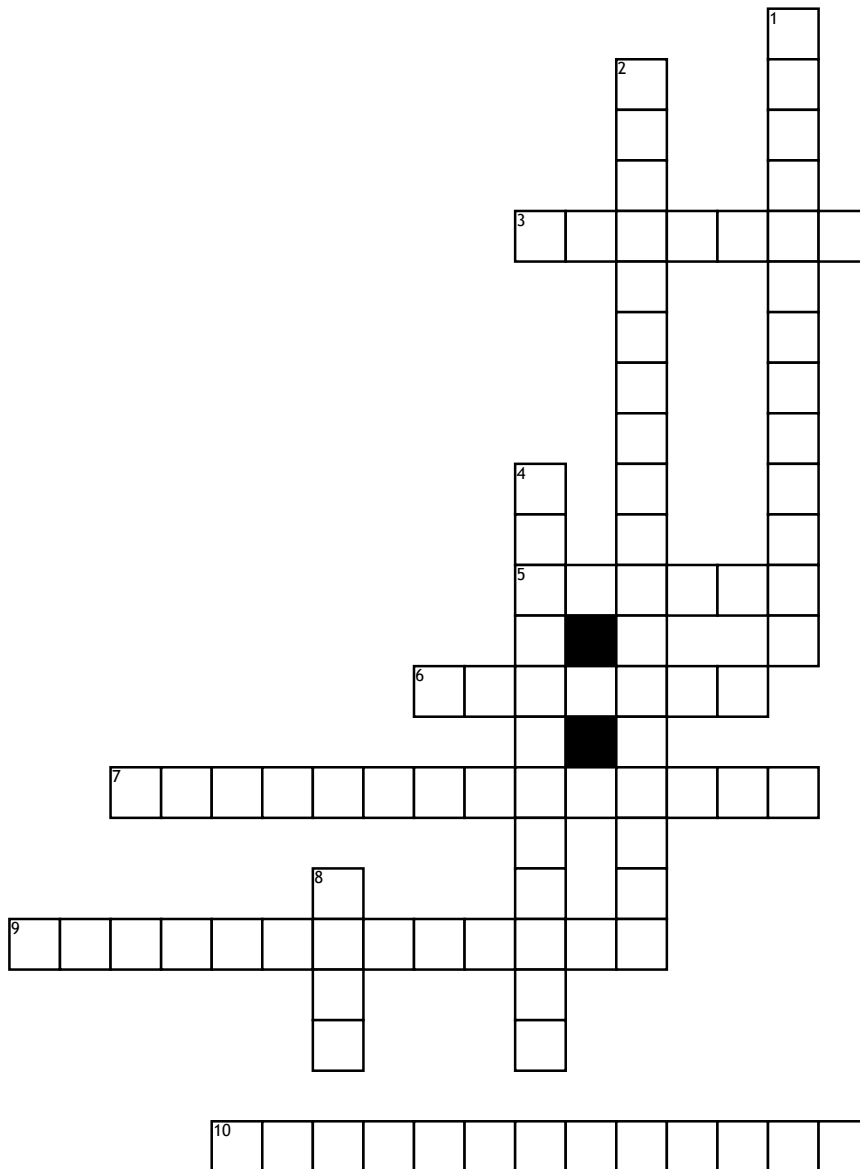


Name: _____

Date: _____

Nutrients



Across

- 3. A macronutrient essential to building muscle mass
- 5. Any of a class of organic components that are fatty acids
- 6. A simple sugar that is important energy sources and in living organisms and is a component of many carbohydrates
- 7. Type of food required in large amounts
- 9. Calories derived from food containing nutrients

- 10. A component of food that supplies energy to the body

Down

- 1. Identifies the proportion of nutrients in food
- 2. Foods containing the essential acids but have a low amount in one or more amino acids
- 4. Not having enough nutrients
- 8. Major storage form of energy in the body