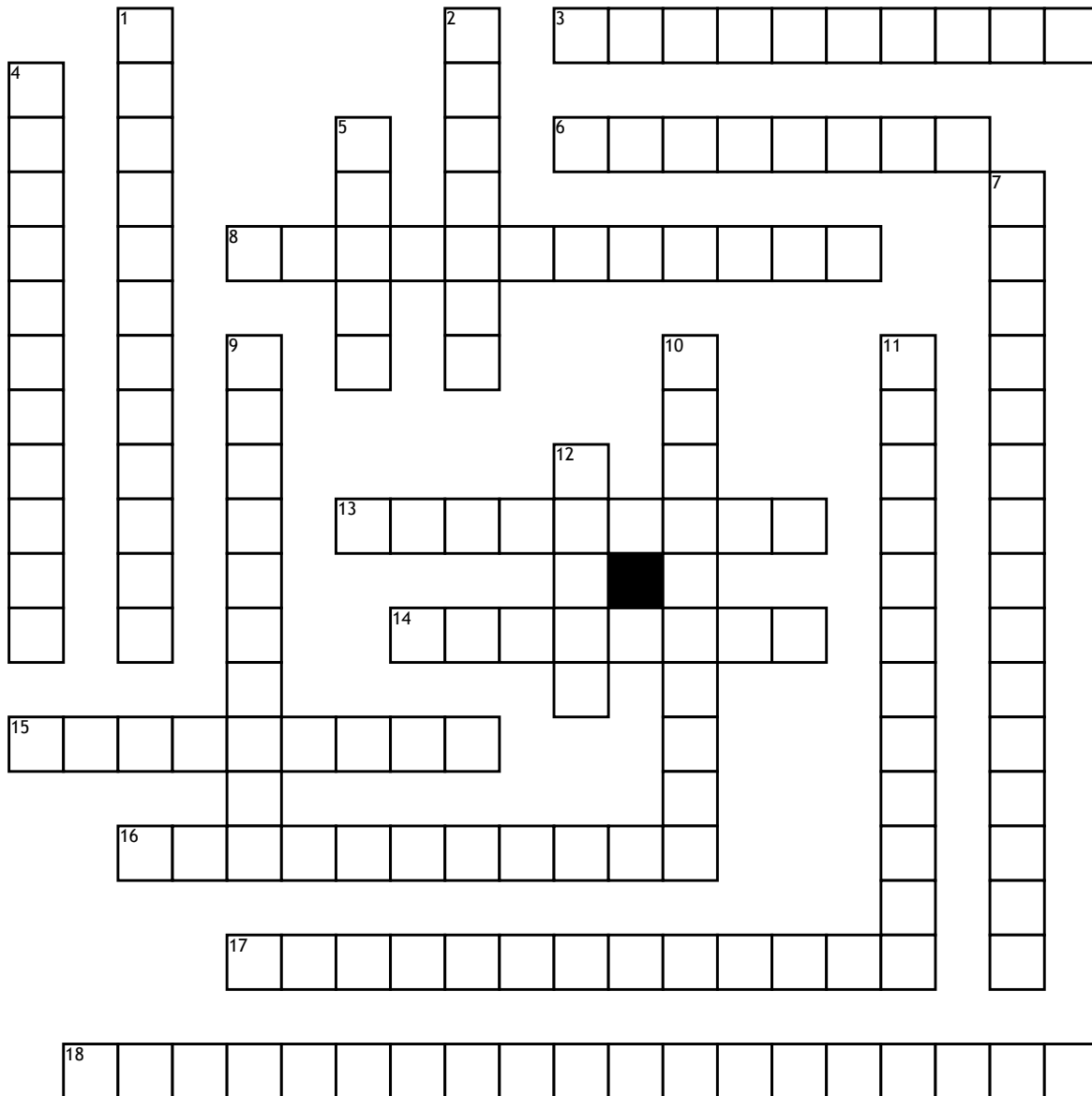


Nutrients



Across

3. Vitamins such as vegetable oils, liver, and eggs, that can be stored in our body

6. These aid growth and repair our body's tissue. Examples are meat, eggs, nuts, and beans.

8. Vitamins that cannot be stored into our body. Such as fruits and veggies.

13. Substance the body needs to regulate bodily functions is...?

14. Nutrients our body needs in small amounts, found in rocks, and soil.

15. The process by which the body takes in and uses nutrients is ?

16. Examples are healthy fruits, veggies and milk. This gives quick bursts of energy.

17. Unhealthy fats such as red meats, and dairy products, which can lead to heart disease.

18. Our body can't create these, we get them from our diet.

Down

1. Provide long-term sustained energy. Such as potatoes, whole grains and brown rice.

2. Amount of energy released when nutrients are broken down

4. A reduction in the body's water content

5. Essential for alllll life processes

7. This fat supplies our body with energy, found in oils, nuts, and seeds.

9. Chemical process by which the body breaks down food is ..?

10. These help form the kinds of proteins our body needs.

11. A vitamin that protects healthy cells from damage caused by aging, and certain types of cancers.

12. Type of complex carb found in plants