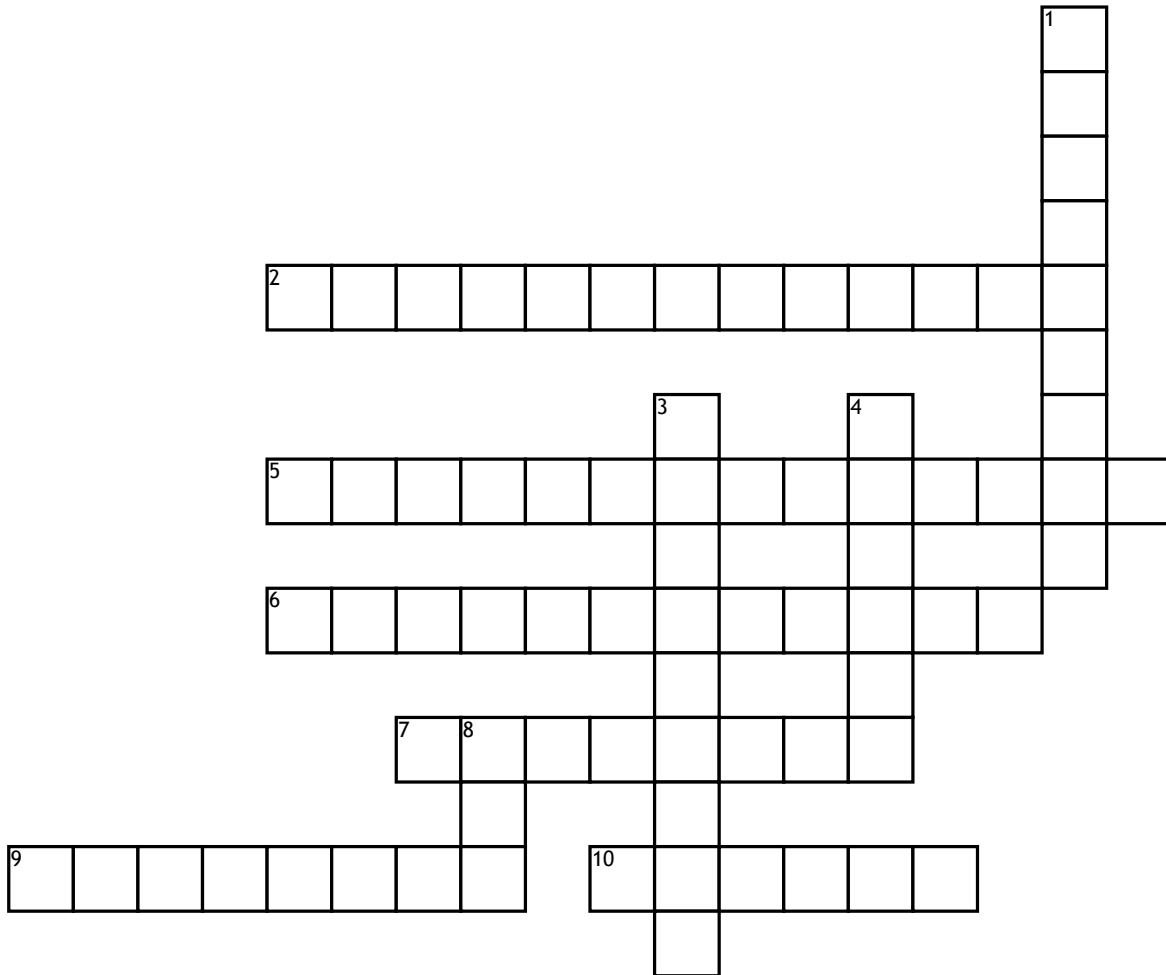


Name: _____

Date: _____

Nutrients



Across

- 2. This Nutrient provides energy for the body
- 5. We need these for energy, growth, and repair
- 6. imbalance in a persons intake of energy
- 7. Nutrients that help build new tissues and repair damaged cells
- 9. This nutrient is good for skin and eyesight

10. provides long lasting energy, food substance stored in most plants and animals

Down

- 1. considered "bad fats"
- 3. Gives Nourishment to the body
- 4. fats are made from these molecules
- 8. (recommended Daily Allowance) level of intake for a healthy person