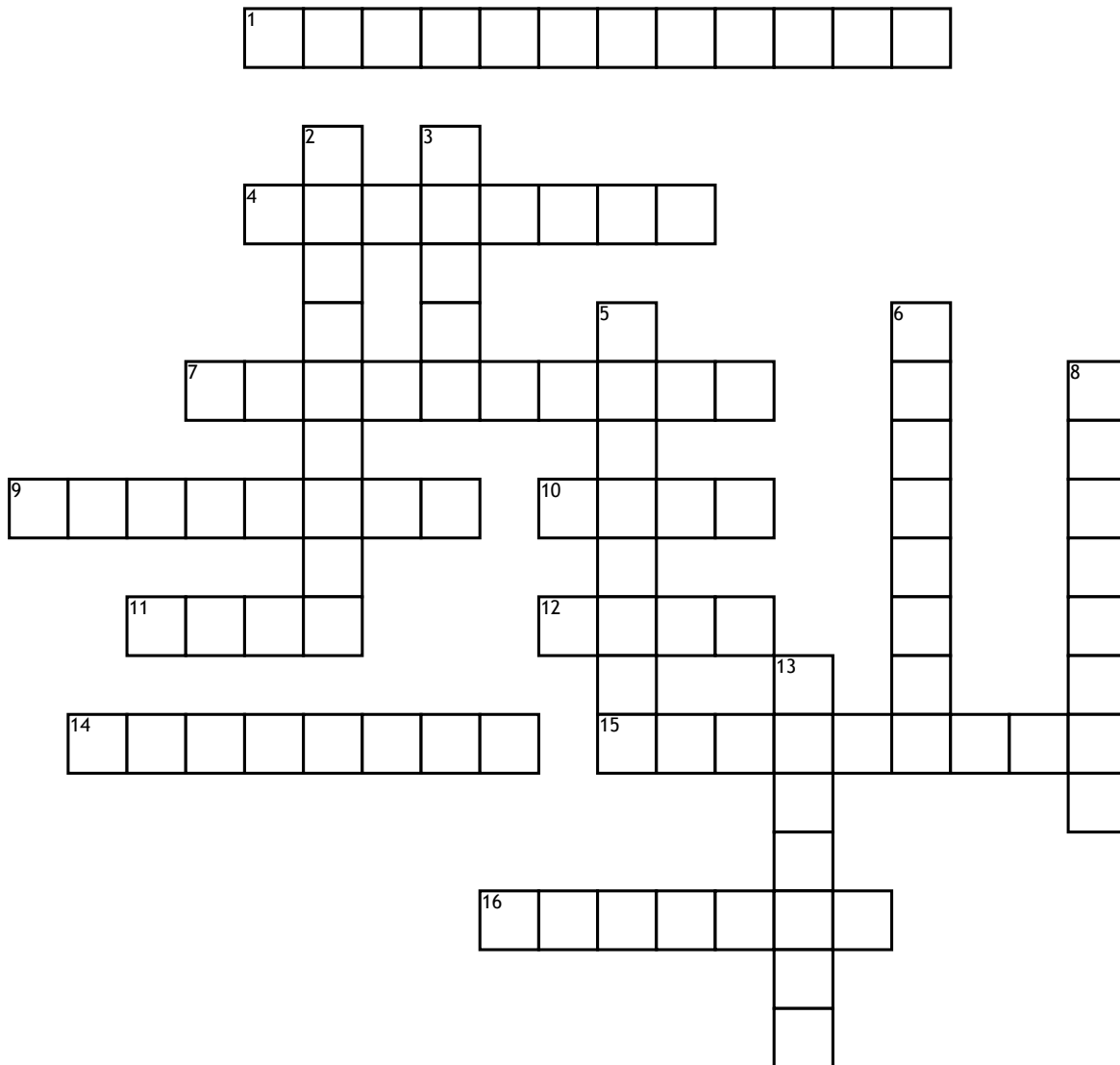


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutrients and Digestion



## Across

1. Main source of energy
4. found in citrus fruits
7. happens in the small intestines from what the body wants to keep
9. rebuilds cell membranes and found in lotions
10. secondary source of energy

11. responsible for the transfer of oxygen in blood
12. helps fight illness
14. sending of nutrients in the digestion process
15. Mechanical process that happens in the mouth during digestion
16. needed for muscle growth and production

## Down

2. Total process of breakdown, absorption, and transfer of nutrients
3. our body is made up of 70% of this
5. makes energy and red blood cells
6. Comes from the sun
8. Helps the eyes and skin
13. Promotes strong bones