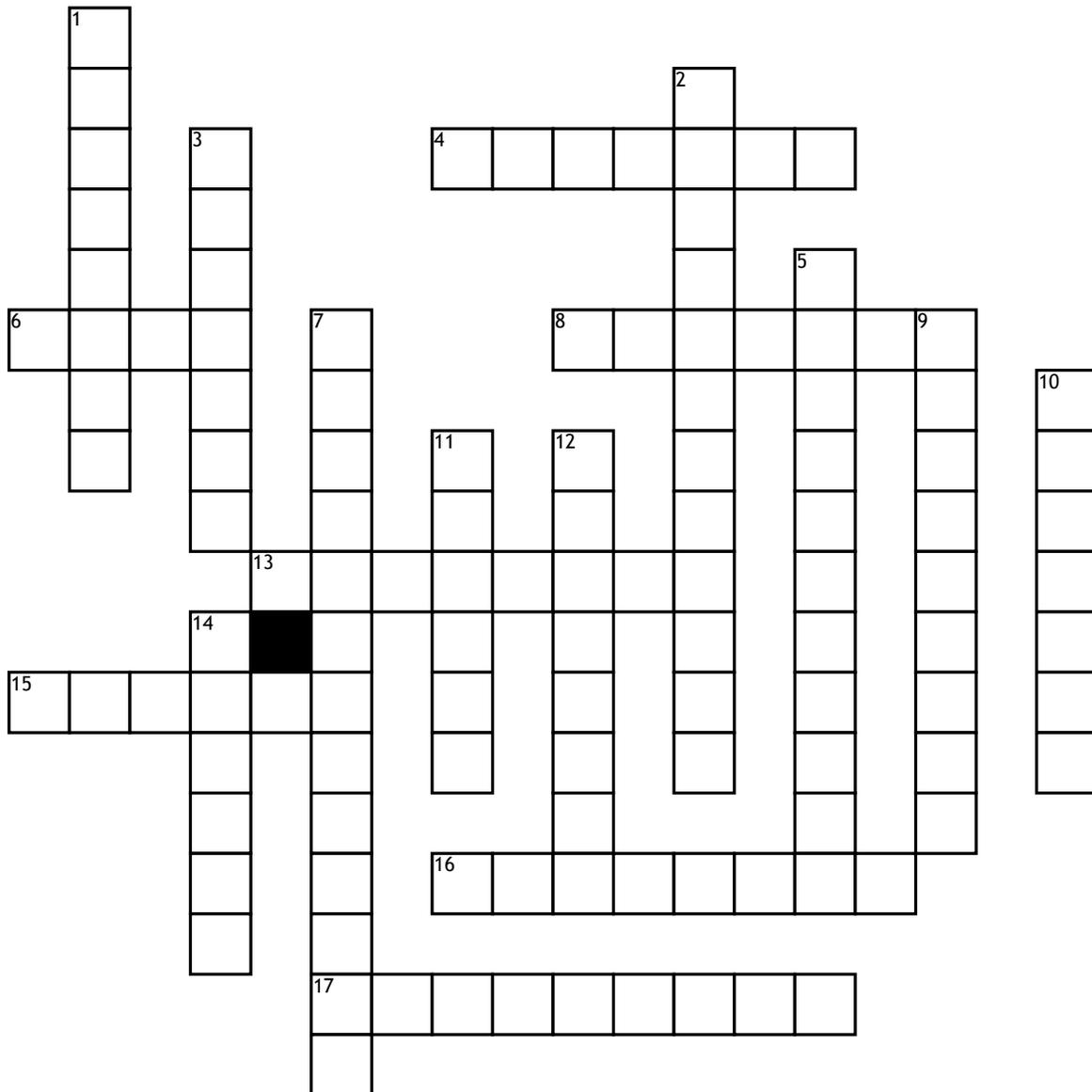


Nutrients and their Uses



Across

- 4. a lack of calcium or vitamin D will lead to this
- 6. these can also be called lipids
- 8. needed to build and repair muscles
- 13. gets around
- 15. a lack of vitamin C can lead to this
- 16. they have letters like C, D, B

Down

- 1. calcium and iron are examples of these
- 2. making new organisms
- 3. reacting to changes around us
- 5. release of energy within cells
- 7. getting rid of waste

- 7. a source of energy including sugars and starches
- 9. taking in food
- 10. a lack of iron leads to this
- 11. needed to power our movement
- 12. a lack of vitamin A can lead to problems with this
- 14. getting bigger