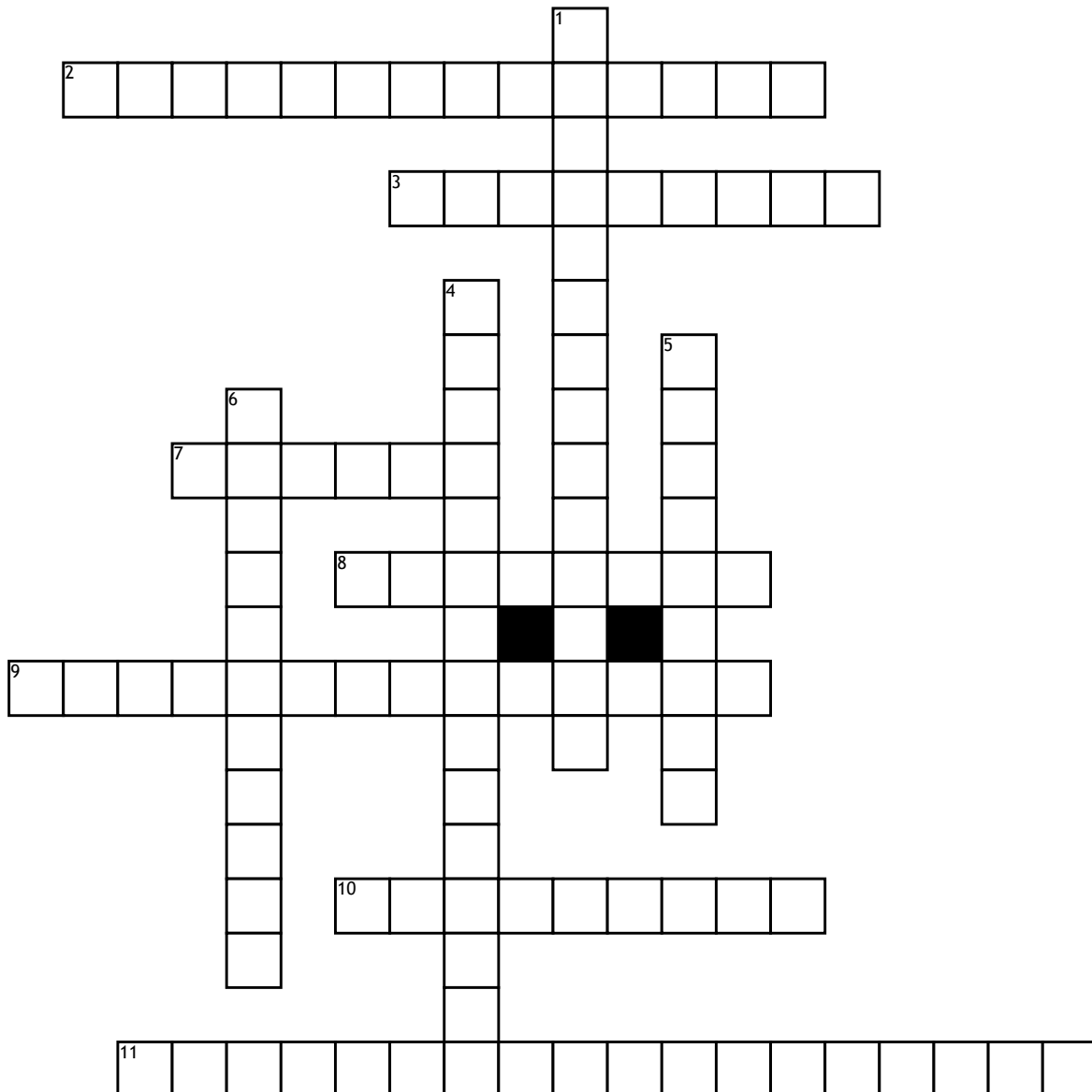


Name: _____

Date: _____

Nutrition



Across

- 2. These are nutrients that you need in big amounts and must be digested to be used in the body
- 3. The study of food the nutrients it contain and how they are used in the body.
- 7. This is a food or something else that provides nutrients to the body
- 8. Individual chemicals
- 9. This is a way of grouping similar things together
- 10. Chemical substances that make up food

- 11. These are diseases that occur when the body is lacking a particular nutrient over a period of time

Down

- 1. These nutrients are needed in small amounts and do not need to be digested
- 4. This is the average daily intake of a nutrient tht is needed to meet the nutritional requirements of the majourity of people in a specific age and gender group
- 5. These are jobs that nutrients carry out in the body
- 6. The _____ of something is the element that it is made up of.