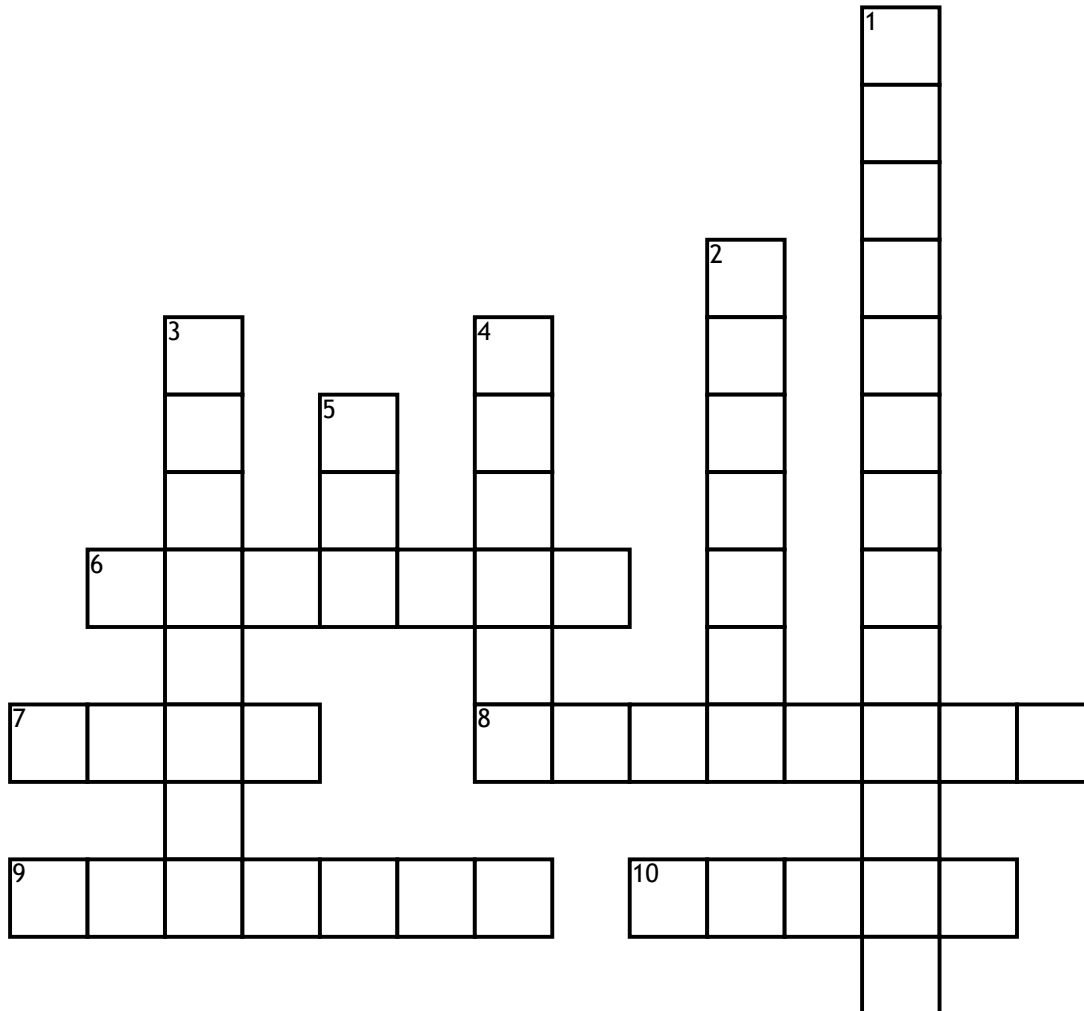


Name: _____

Date: _____

Nutrition



Across

6. nutrient that is found in meat, eggs, milk
7. the kinds of foods you eat
8. elements that help form healthy bones and teeth and regulate body processes
9. substances in your body that help fight infections and use other nutrients
10. 75% of your body is made up of this

Down

1. A nutrient used as an energy source. Includes sugars and starches
2. A unit of energy
3. substance in foods that your body needs
4. a nutrient that helps control the amount of fluid in your body
5. a nutrient that can be used for its stored energy or for insulation of body tissues