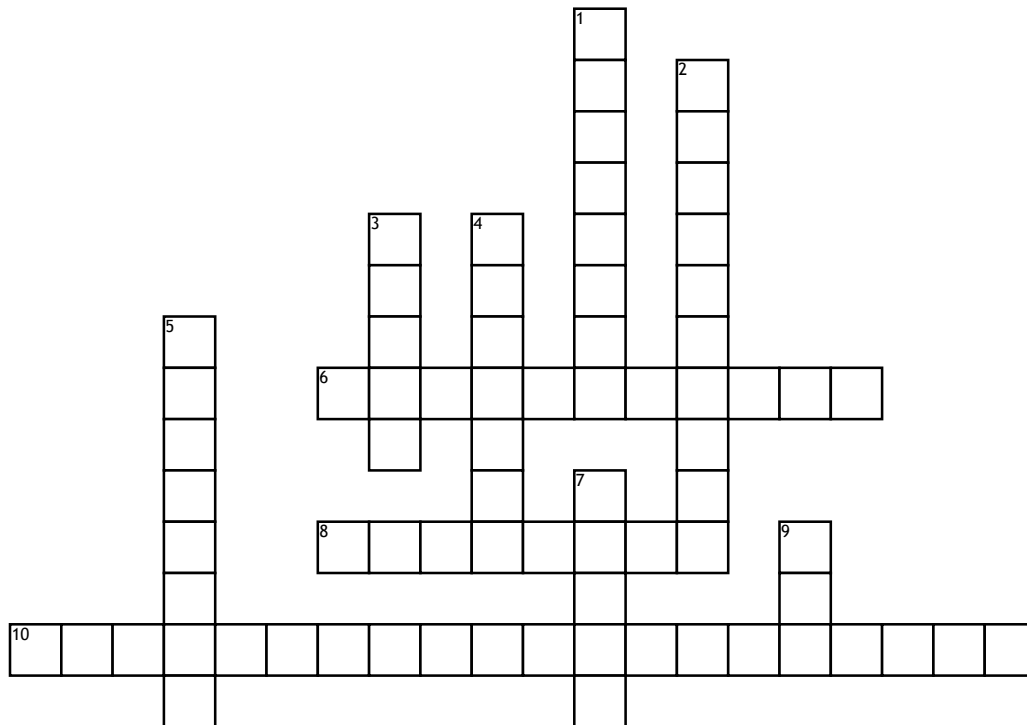


Name: \_\_\_\_\_

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

# Nutrition Cross Word



## Across

6. Fat typically found in saturated fats?  
 8. What are essential elements that are needed in small amounts to maintain health and function and must be supplied by the diet?  
 10. Which vitamins are referred to as the B-complex vitamins?

## Down

1. Nutrients that can build and repair body tissues?

2. What are organic and inorganic chemicals in food that supply energy?  
 3. How many amino acids are essential?  
 4. The U.S. government's primary food group symbol?  
 5. The daily requirement of water for an adult is?  
 7. What is also called "The forgotten nutrient"?  
 9. Government agency in charge of labeling food products?

## Word Bank

Proteins  
 Cholesterol  
 My Plate  
 Eight

64 ounces  
 FDA  
 Nutrients

Water  
 Minerals  
 Water soluble vitamins