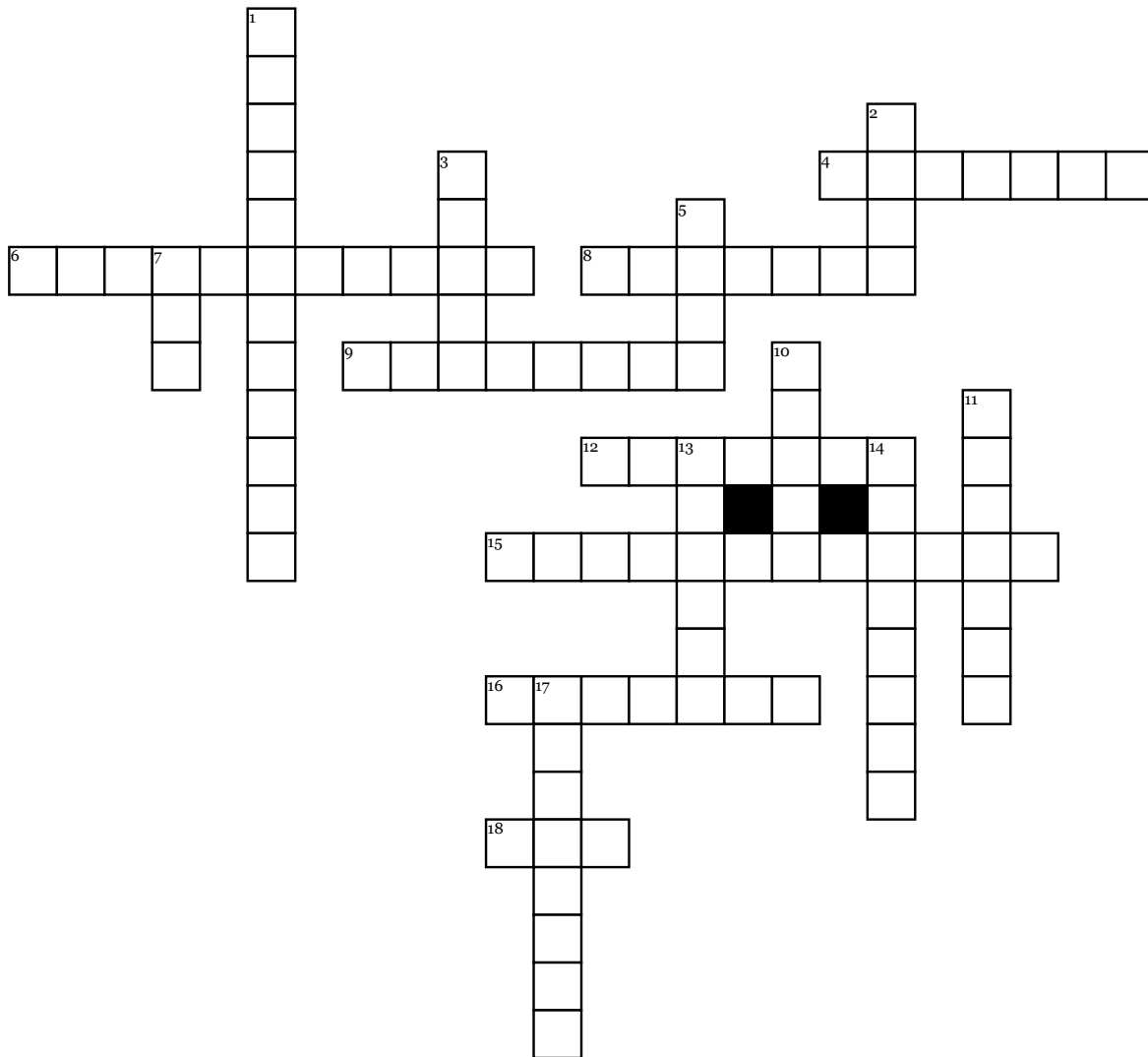


Nutrition Crossword



Across

- 4.** I am a macronutrient that repair tissues.
6. This mineral helps with bone health
8. Another name for vitamin B1 is
9. Helps with gums and teeth health
12. Iodine is found in this shelfish
15. In which food group are muffins in?

16. This fruit is a good source of vitamin E

18. I am a macronutrient that helps absorb vitamin A,D,E&K.

Down

- 1.** I am a macronutrient that is the main source of energy for the body
2. I am a mineral that transports oxygen in the body
3. Which part of the plant is a tomatoe?
5. I am a mineral that helps with growth

7. Vitamin D do nut just come from food but also from the

10. The human body is mostly made of

11. Milk is high in this mineral

13. I am a fruit that is rich in potassium

14. I am a root root vegetable in the healing garden

17. I am a fat soluble vitamin that helps with night vision