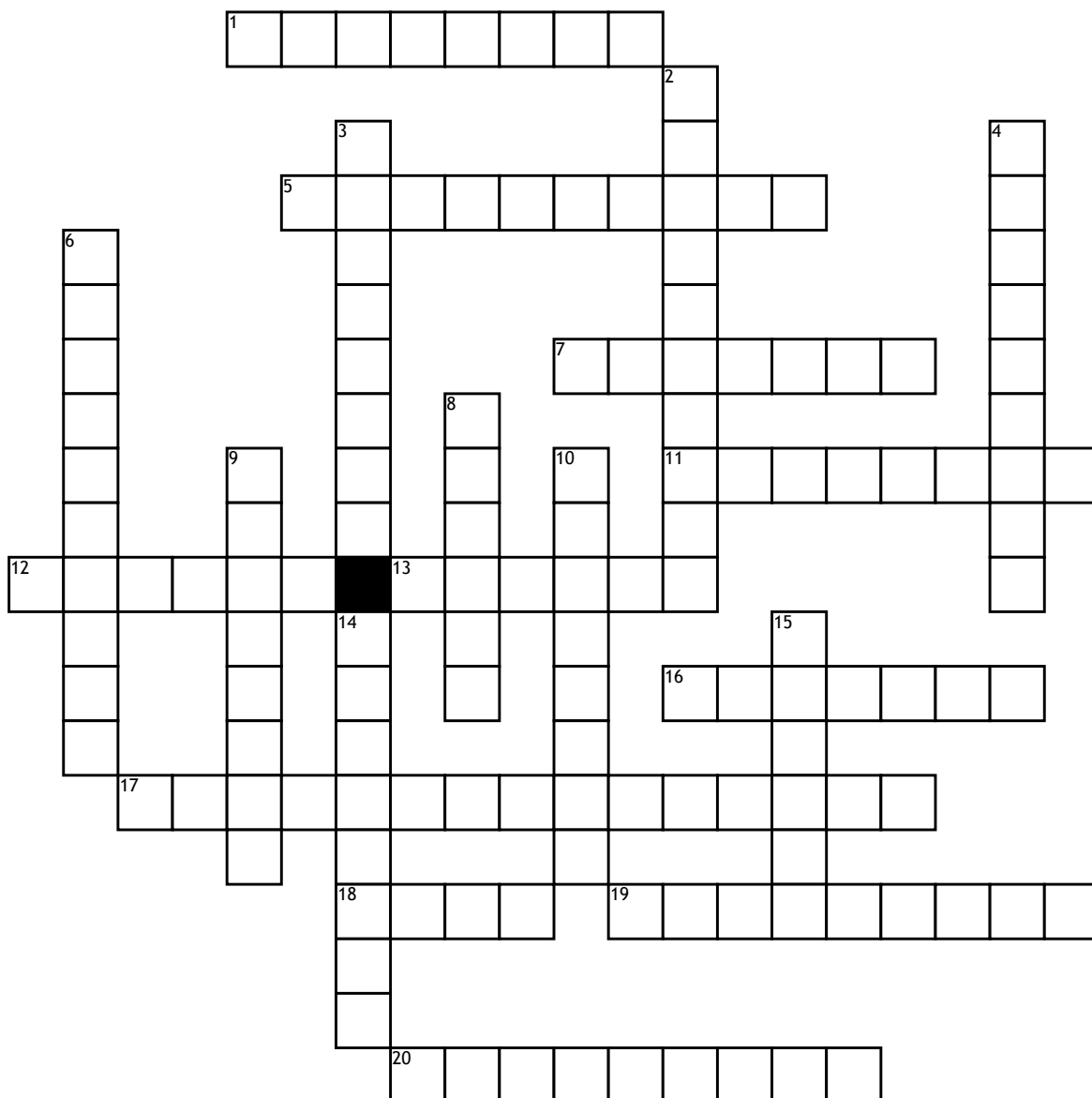


Name: \_\_\_\_\_

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

# Nutrition Crossword Puzzle



## Across

1. Development and maintenance of bones and teeth, promotion of calcium absorption
5. Synthesis of blood cells; other metabolic reactions
7. Maintenance of bones and teeth, control nerve impulses and muscle contraction
11. Protection and maintenance of cellular membranes
12. Amino acid metabolism, synthesis of RNA and DNA, new cell synthesis
13. Metabolism of fats, carbohydrates, and proteins
16. Conversion of carbohydrates into usable forms of appetite and nervous system function

17. Metabolism of fats, carbohydrates, proteins

18. Component of hemoglobin, myoglobin, and enzymes

19. Transmission of nerve impulses, energy transfer, activation of many enzymes

20. Nerve function and body water balance

## Down

2. Energy metabolism; maintenance of skin, mucous membranes, and nervous system structures

3. Production of factors essential to blood clotting

4. Protein and neurotransmitter metabolism; red blood cell synthesis

6. Bone growth and maintenance, energy transfer in cells

8. Essential part of thyroid hormones, regulation of body metabolism

9. Maintenance and repair of connective tissue, bones, teeth, and cartilage; promotion of healing; aid in iron absorption

10. Maintenance of vision, skin, linings of the nose, digestive and urinary tracts, immune function

14. Maintenance of tooth and bone structure

15. Conversion of carbohydrates, fats, and protein into usable forms of energy