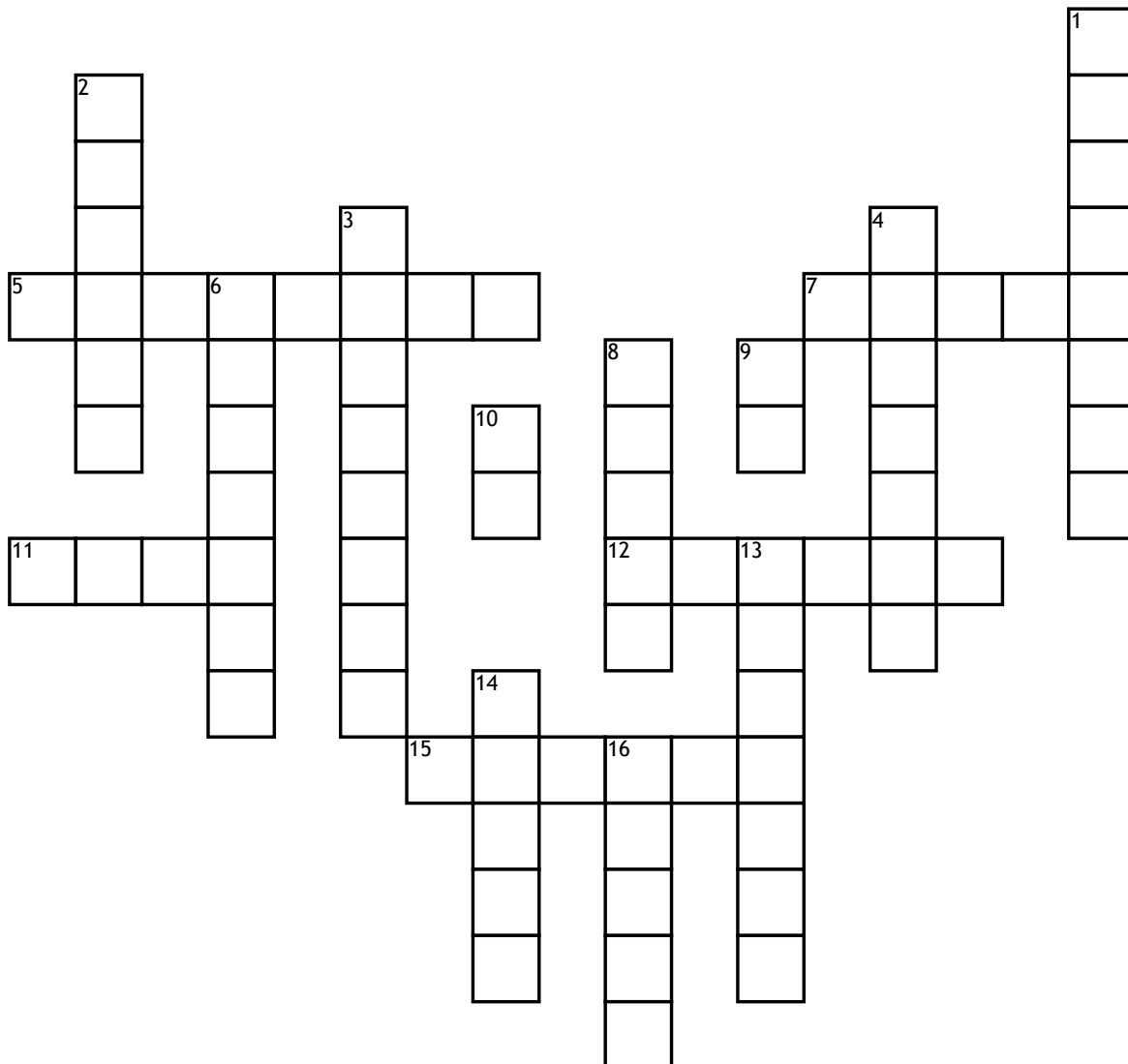


Name: \_\_\_\_\_

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

# Nutrition crossword



## Across

5. a vitamin good for your bones  
7. what food has vitamin A  
11. what gives you energy?  
12. a food good for energy  
15. a food that gives good fats

## Down

1. what's the opposite of minerals  
2. something that controls nervous impulse  
3. what vitamin is needed for healthy skin?  
4. a food that has vitamin C  
6. what food is good source of B2

8. what food do you absorb fibre from  
9. what helps release energy from crabs?  
10. what is another word for niacin  
13. what food has B3  
14. bodies are made up of 70% w?  
16. we get calcium from?