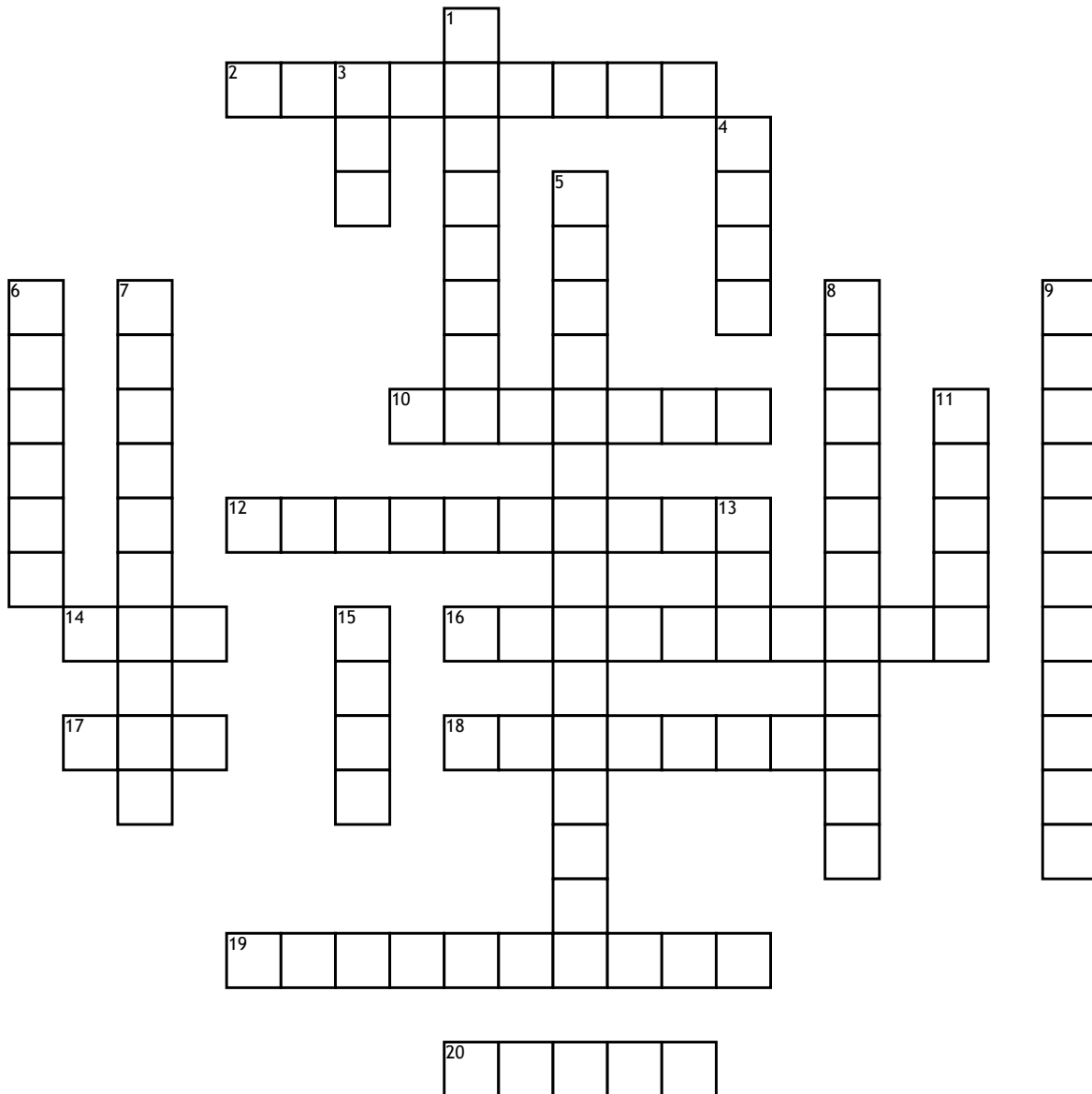


Name: \_\_\_\_\_

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

# Nutritional Crossword



## Across

2. The study of how your body uses the food that you eat

10. This mineral is well-known for building bones

12. This mineral is well known for building teeth

14. \_\_\_\_-soluble vitamins dissolve in fats

16. Macro-minerals are needed in amounts of \_\_\_\_\_ mg or more per day

17. How many classes of nutrients are there?

18. A \_\_\_\_\_ is a chemical substance in the body that helps maintain the body

19. Types of Protein include complete and \_\_\_\_\_

20. The drink you should be drinking the most is...

## Down

1. This vitamin maintains skin health and promotes growth

3. How many types of carbohydrates are there

4. This nutrient helps protect vital organs and provides insulation

5. HDL is better described as (two words)

6. Another name for salt is...

7. This vitamin helps break down carbohydrates

8. Two types of fats are saturated and \_\_\_\_\_

9. What vegetable is better known as "white broccoli"

11. Proteins help \_\_\_\_\_ and repair tissues

13. Vitamin D can be most popularly acquired from what bright object?

15. This complete protein is laid by chickens