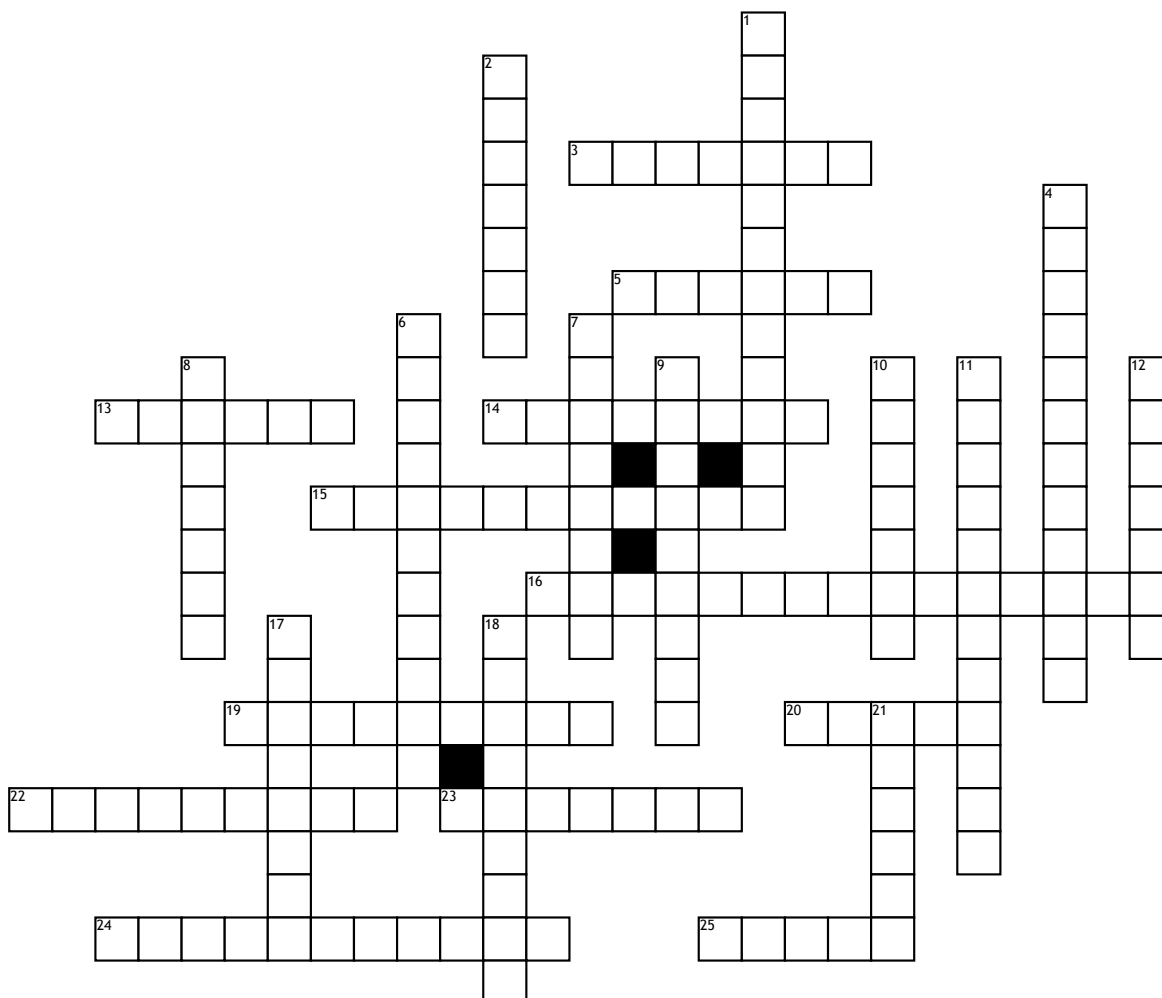


Name: \_\_\_\_\_

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

# Science nutri-puzzle



## Across

3. A mineral important in building and maintaining bones, and for muscle and nerve function  
 5. Natural sugars are found in  
 13. Combination of physical, mental/emotional, and social well-being  
 14. This vitamin helps blood clot  
 15. Another source of vitamins and minerals other than food  
 16. These fats come from plant sources and are a healthier choice  
 19. The process of providing or obtaining the food necessary for health and growth  
 20. A plant material that your body cannot digest  
 22. These fats are found in food from animal sources

23. is a type of mineral strengthens bones and teeth  
 24. Saturated animal fats contain this waxy substance  
 25. A substance usually used as a sweetener in food

## Down

1. A substance that protects cells from damage  
 2. it is the type of sugar that can only be found in milk  
 4. Where most of our energy comes from  
 6. A nutritional diagram  
 7. This vitamin assist bone development  
 8. A unit of energy in food  
 9. These are the building blocks that make up proteins

10. The condition of being grossly fat or overweight

11. A disease that is linked to high cholesterol  
 12. it is a type of sugar that you can only find in grains  
 17. It is a type of sugar that you can find in fruits  
 18. A chemical reaction that causes cell damage  
 21. A yellow spread that contains trans fat