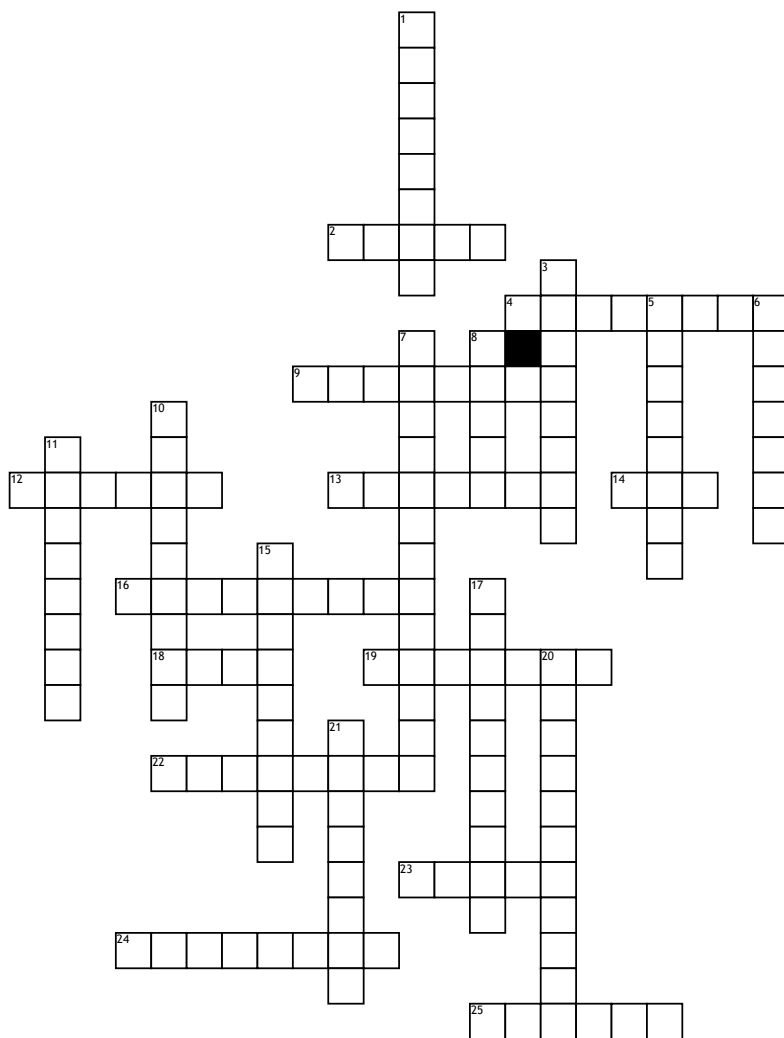


Name: \_\_\_\_\_

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

# The 6 Main Nutrients



## Across

2. Hydrates Organs  
 4. This vitamin is usually found in citric fruits  
 9. Helps prevent night blindness  
 12. This carbohydrate provides energy from suagr  
 13. This main nutrient helps tissue repair and growth  
 14. This main nutrient insulates and protects organs  
 16. This fat is found in animal sources  
 18. Helps carry oxygen to cells

19. Strengthens bones and teeth  
 22. This main Nutrient starts with a V  
 23. Your body is composed of 75%

24. Promotes healthy skin and hair, antioxidant  
 25. Maintains water balance

## Down

1. This protein is found in animal sources  
 3. Assits in bone development  
 5. This main nutrient includes iron, calcium and sodium

6. This carbohydrate provides energy from grain  
 7. This main nutrient provides energy (calories)  
 8. Not considered a nutrient, does noy get abosorbed. Helps you poop.  
 10. Aids the formation of red blood  
 11. This nutrient boosts the immune system  
 15. This fat is found in grain products  
 17. This protein is found in plant sources  
 20. This fat is found in plant sources  
 21. Promotes normal blood clotting

## Word Bank

Vitamin E  
 Water  
 Minerals  
 Vitamin D  
 Sodium

Complex  
 Protein  
 Complete  
 Water  
 Unsaturated

Simple  
 Vitamin K  
 Vitamin C  
 Fibre  
 Folic Acid

Trans fats  
 Incomplete  
 Vitamin C  
 Calcium  
 Vitamin A

Vitamins  
 Fat  
 Iron  
 Saturated  
 Carbohydrates