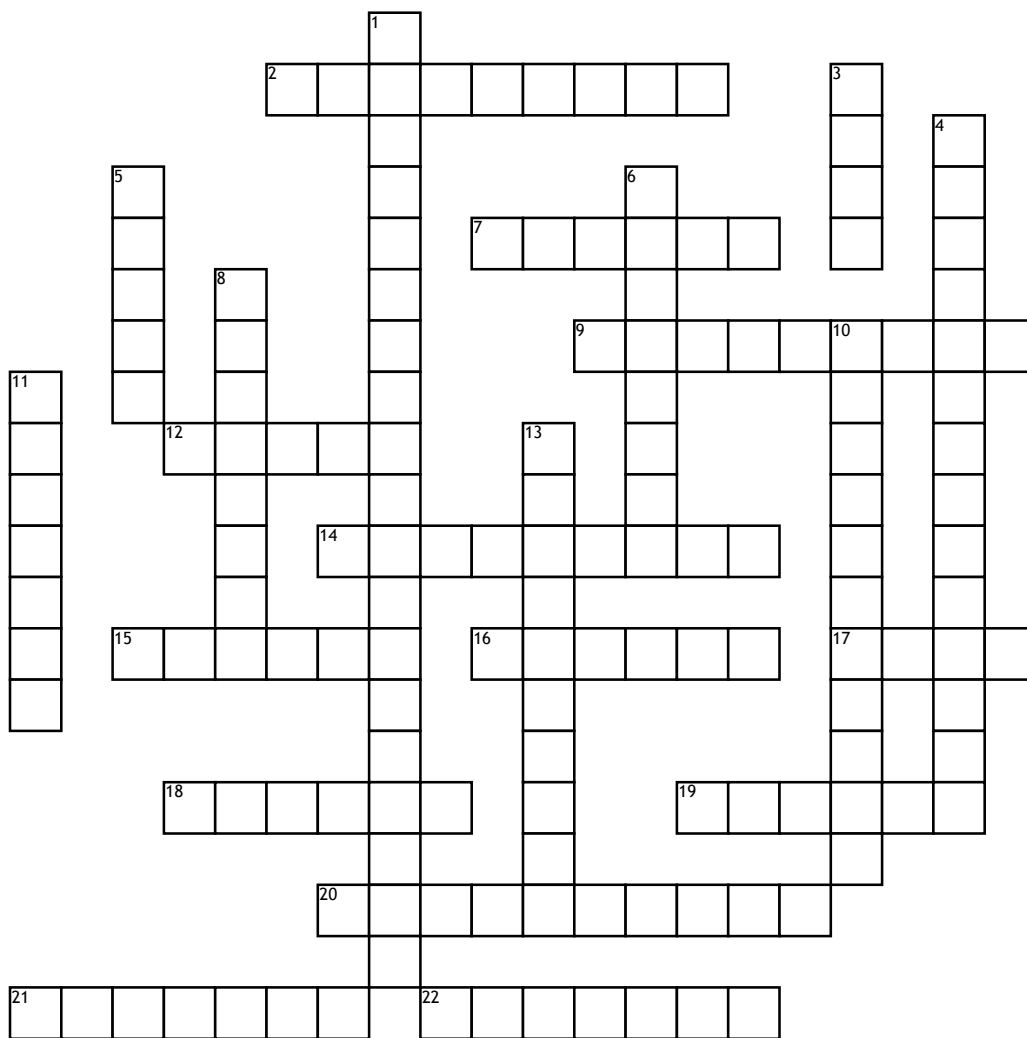


Name: _____

The 6 Main Nutrients



Across

2. Vitamin helps prevent night

7. Another word for salt is?

9. 14 (question) is an examples of this type of fat?

12. 75% of your body is composed of this.

14. This nutrient is important during a pregnancy.

15. Calories is another word for _____.

16. Vitamin C helps this system function.

17. What nutrient helps carry oxygen to the cells?

18. Vitamin K promotes _____ blood clotting.

19. What is the source for Unsaturated fats?

20. Vitamin D helps to prevent _____.

21. what mineral help strengthen bones and teeth?

22. Beef, Chicken, Pork, Eggs, Milk, Cheese, Sour Cream, Butter, and Yogurt come from this source.

Down

1. Jam and Cornsyrup are examples of _____.

3. Saturated and Unsaturated are examples of what?

4. Trans Fat is in what type of food?

5. _____ is not considered a nutrient because it does not get absorbed by the body.

6. A lack of this vitamin can cause scurvy

8. Peanuts, Treenuts, Whole Grains, and Oils are food sources for what nutrient?

10. Vitamin E is an _____

11. Simple and _____ carbohydrates

13. _____ protein helps with tissue repair and growth.

Word Bank

Saturated

Water

complex

Vitamin C

Processed foods

Fats

Fibre

Sodium

Normal

Simple Carbohydrates

Depression

Immune

Iron

Vitamin E

Animals

Antioxidant

Plants

Calcium

Incomplete

Energy

blindness

Folic Acid