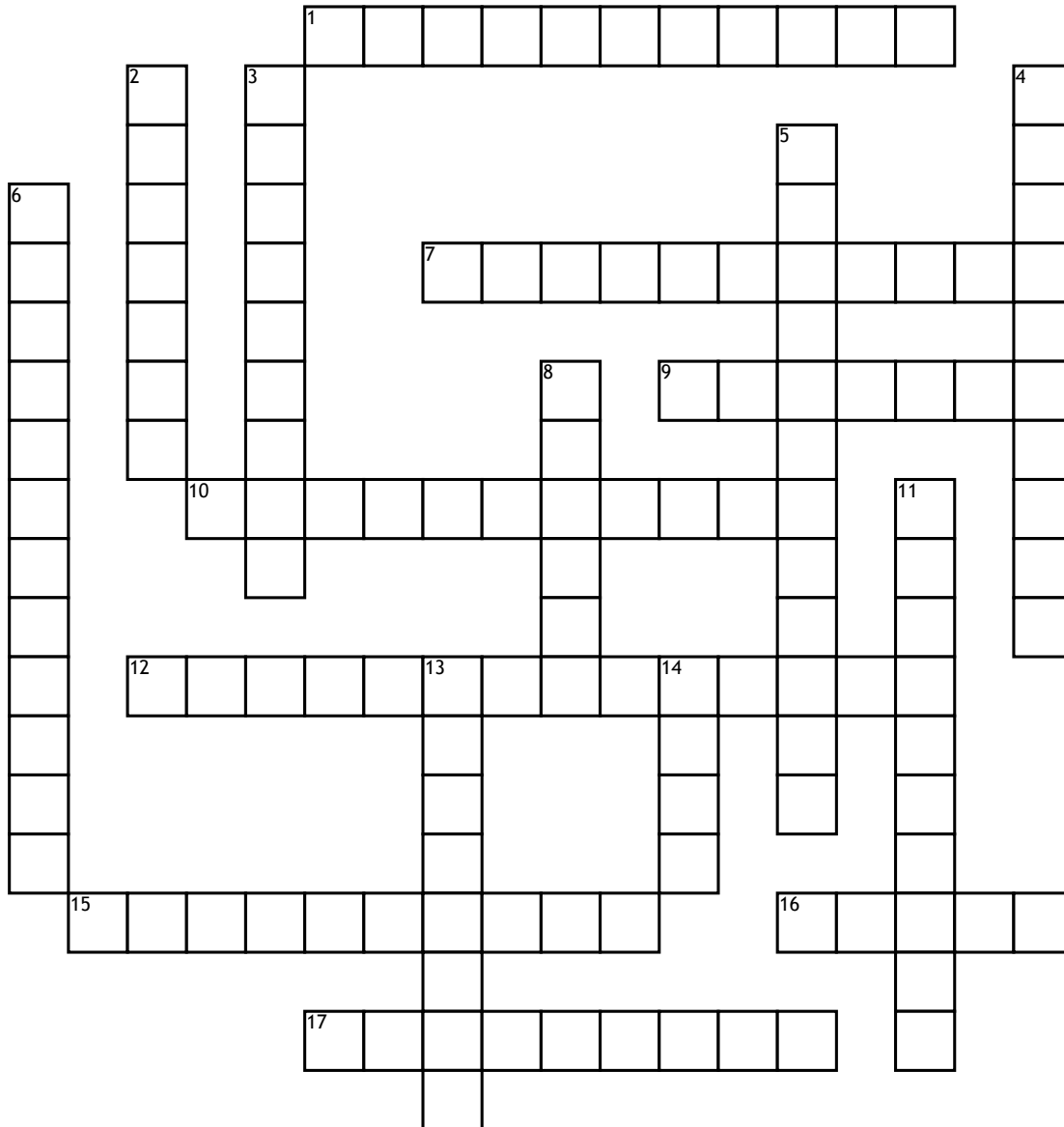


# Understanding Nutrients



## Across

1. soft fat-like substance in the blood
7. fats that are liquid at room temperature
9. Helps body build and repair body tissues
10. lipoprotein known as good cholesterol
12. substances in plant that improve body's immunity

15. protein that lacks an essential amino acid

16. Plant material that does not break down during digestion

17. fats that are solid at room temperature

## Down

2. mineral needed for bones and teeth
3. Chemical compounds known as body building blocks

4. lipoprotein that can build up on walls of arteries

5. Provides body with most of its energy

6. vitamins C and B

8. element appears in small amounts

11. vitamins A,D,E and K

13. protein from animal source with all essential amino acids

14. helps red blood cells carry oxygen