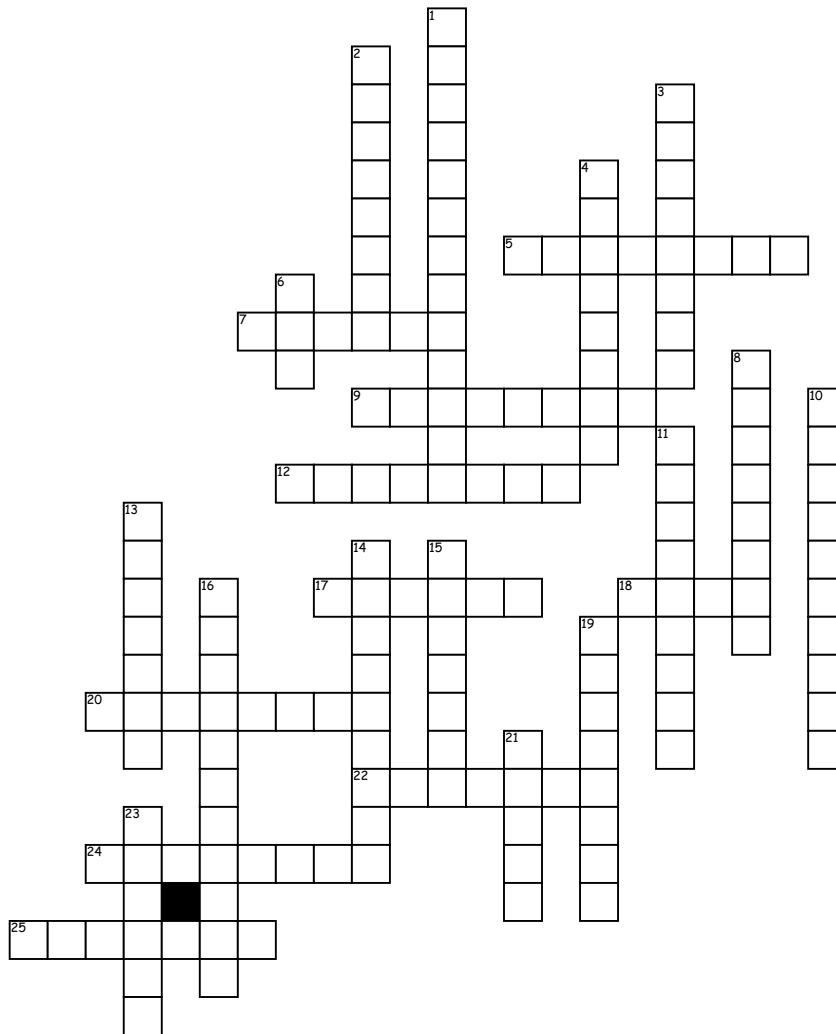


Name: _____

Wow Food Crossword



Across

5. Assist in bone development.
7. `Your body is 75% made of this.
9. There are 7 main _____.
12. This fat is found in many junk foods.
17. Helps to maintain water balance.
18. helps carry oxygen to the cells.
20. Its commonly found in citrus fruits.
22. helps bones stay strong.
24. Eggs are a good source of _____.

25. This carbohydrate is mostly found in grains.

Down

1. Provides energy
2. This protein is found in animal sources.
3. Promotes healthy skin.
4. helps to prevent night blindness.
6. This insulates and protects organs.
8. Promotes normal blood clotting.
10. This protein is found in plant sources.
11. This fat is found in animal sources.

13. Provides tissue repair and growth.

14. Aids in the formation of red blood cells.

15. A nutrient such as iron is a _____.

16. This fat is found in plant sources.

19. This boost your immune system.

21. Its not a nutrient but It helps you poop.

23. This carbohydrate is mostly found in candies.

Word Bank

protein
Complex
Iron
calcium
Vitamin D

complete
unsaturated
simple
Transfat
vitamin d

Vitamin K
sodium
Folic Acid
carbohydrates
Vitamin A

Vitamin E
Saturated
Watetr
Fiber
Vitamin C

Incomplete
Vitamin c
FAt
Vitamins
Mineral