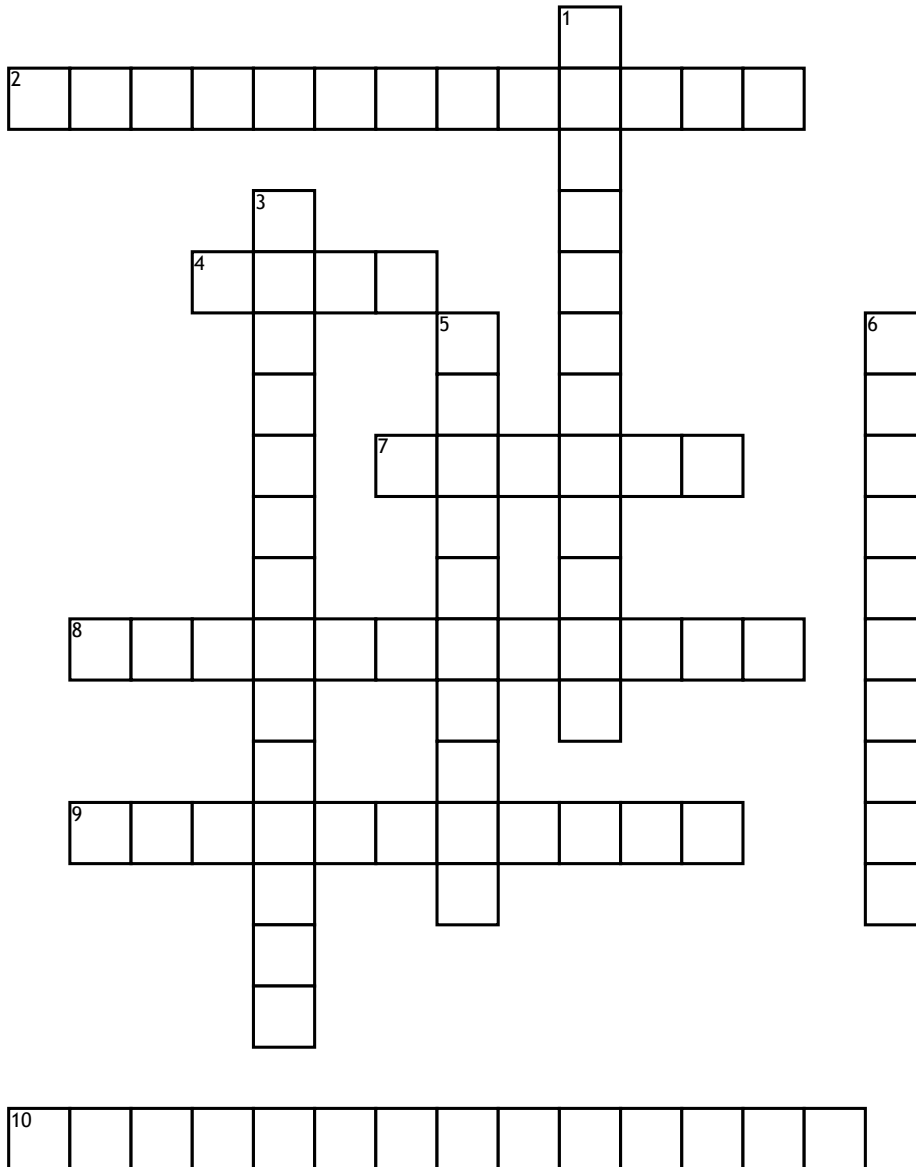


Name: _____

chapter one key words



Across

- 2. an energy source for your body like bread
- 4. Used for energy and nerve function
- 7. a group of nutrients includes fats and oils
- 8. It has a lot of calories and low in other nutrients also know as nutrient-poor food
- 9. can cause cell damage and is highly reactive

- 10. Its is vitamins and minerals and it is need in small amounts in the body

Down

- 1. A conduction where you don't get all the nutrients you need
- 3. Nutrients like fat that are need in larges amounts in the body
- 5. building blocks of protein
- 6. part of all fats and oils