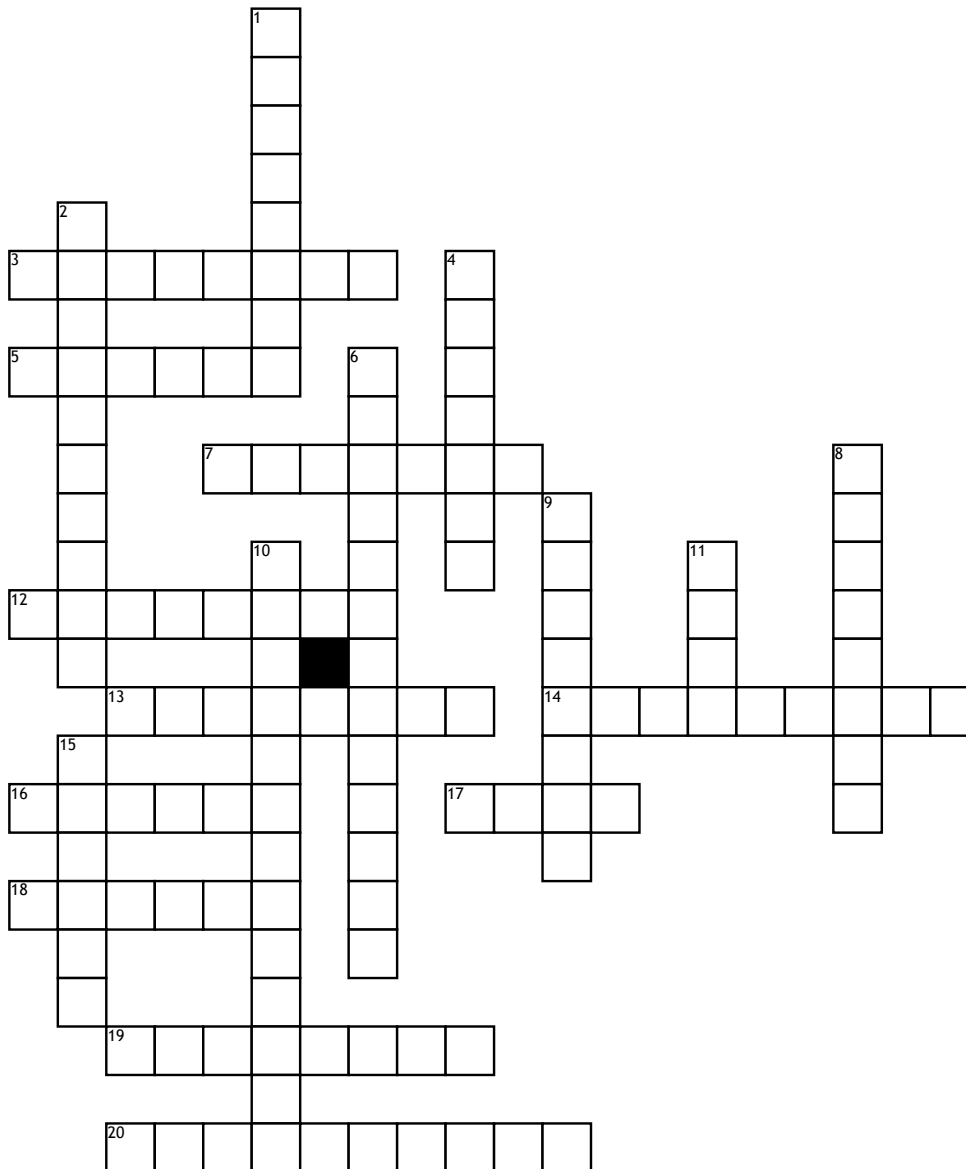


Name: _____ Date: _____ Period: _____

nutrients crossword



Across

3. what nutrient keeps mucus membranes healthy
5. what nutrient helps protect the brain and spinal cord of newborn babies
7. what nutrient keeps nervous system healthy and releases energy from food
12. what nutrient acts as a antioxidant to protect cell membranes
13. a chemical substance that helps maintain the body
14. what nutrient helps cells use energy nutrients and regulates body temperature

16. what nutrient controls osmosis and maintains acid based balance in the body
17. what nutrient helps wounds heal and promotes normal growth
18. what nutrient keeps nervous system healthy and helps cells use other nutrients
19. what nutrient builds strong bones and teeth
20. what nutrient helps regulates body activity

Down

1. what nutrient helps teeth resist decay maintains bone health

2. what nutrient helps cells use oxygen and breaks down carbohydrates
4. what nutrient helps build bones and teeth
6. what is needed in amounts less than 100 mg per day
8. what nutrient helps wounds heal and fights infections
9. what nutrient helps blood clots and comes from egg yolk
10. what is needed in amounts of 100 mg or more per day
11. what nutrient helps cells use oxygen
15. what nutrient promotes normal function of the thyroid gland