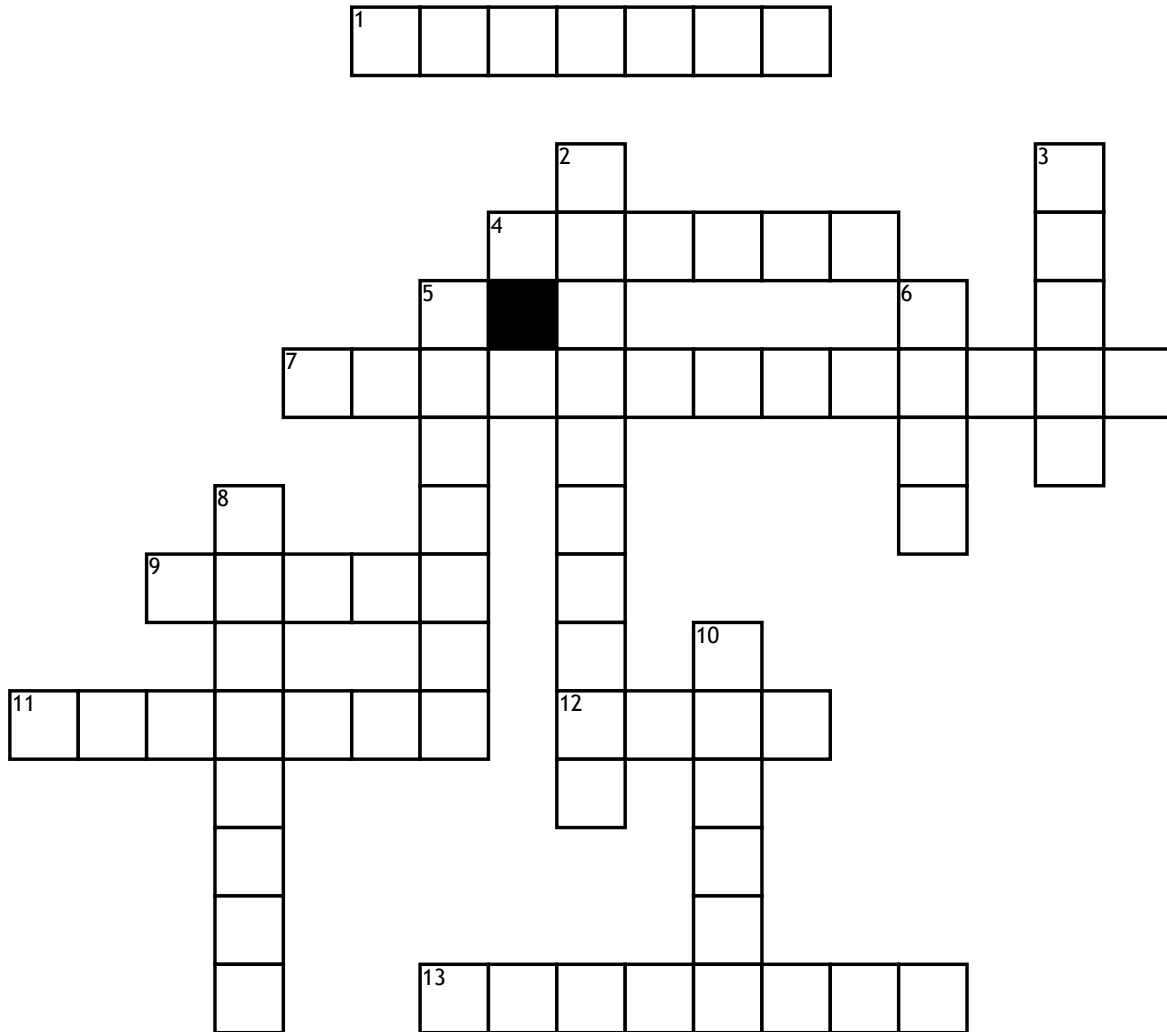


nutrition crossword



Across

- 1. Calcium is a vital mineral. Your body uses it to stabilize blood pressure and build strong bones and teeth
- 4. CONVERTS FOOD IN TO GLUCOSE USED TO MAKE FUEL-ENERGY
- 7. A TYPE OF SUGAR AND MOST FOODS WE EAT CONTAINS THEM
- 9. a thread or filament from which a vegetable tissue

- 11. a vitamin of the B complex
 - 12. An essential mineral
 - 13. HELPS FORM HEALTHIER SKIN AND TEETH
- Down**
- 2. turns food into enrgy
 - 3. everyone drinks it
 - 5. any of a class of nitrogenous organic compounds which have large molecules compose

- 6. A NATURAL OIL
- 8. repairs your tissue in most parts for your body
- 10. include nausea and vomiting, headache, short-term memory loss, confusion, lethargy, fatigue, loss of appetite, irritability, muscle weakness, spasms or cramps, seizures, and decreased consciousness or coma.