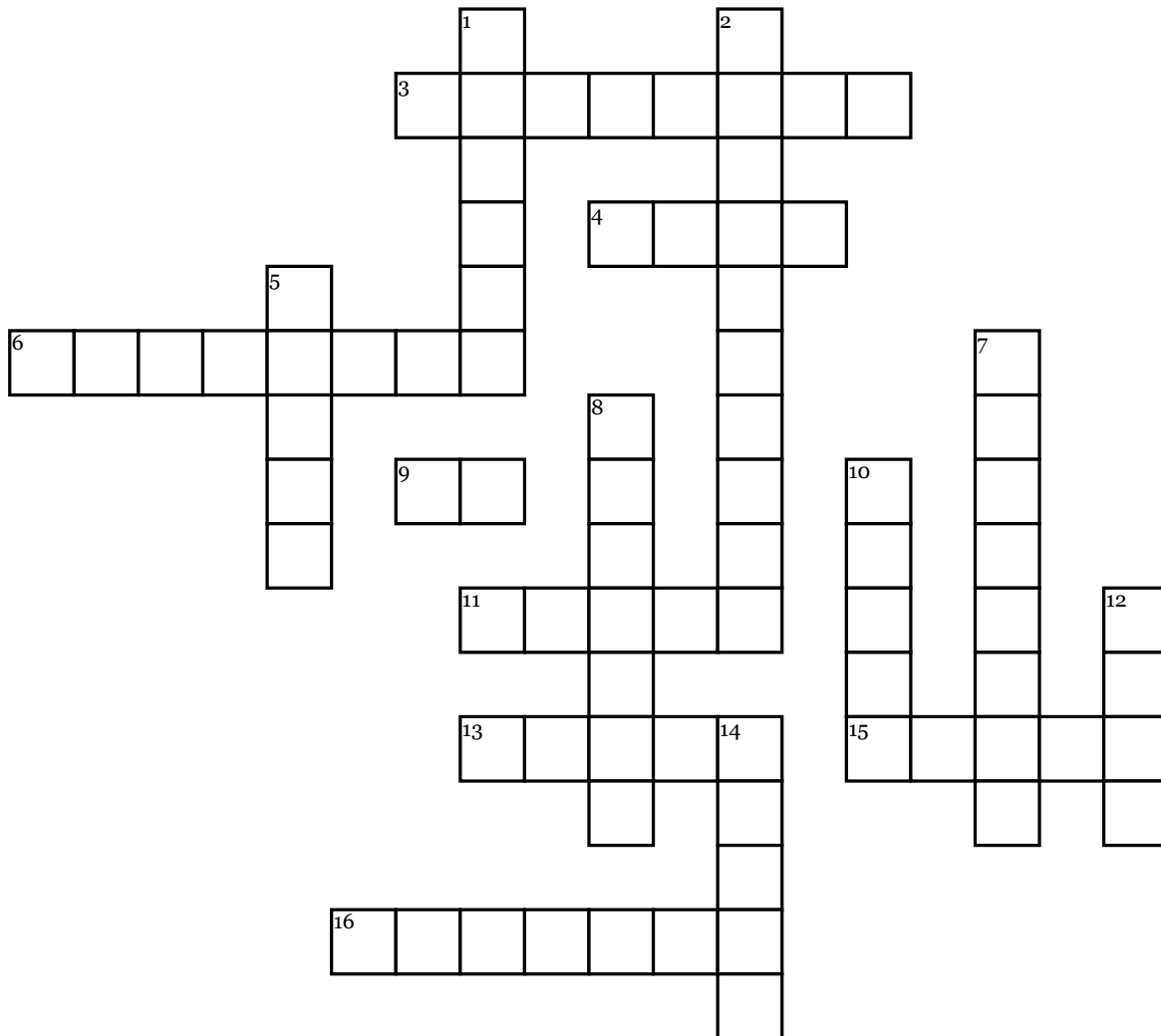


Name: \_\_\_\_\_

# nutriton crossw



## **Across**

**3.** what vitamin is healthy for the skin?

**4.** what gives you energy?

**6.** what reeleases energy from the carbs?

**9.** what grows and repairs tissues?

**11.** what food carbohydrates the body?

**13.** what is calcuim used for?

**15.** what is sodium used in?

**16.** what is a good food for energy?

## **Down**

**1.** whats another word for B3?

**2.** what another word for B2?

**5.** bodies are about 70% of what? w

**7.** whats the oppiste of Vitamins

**8.** whats another word for B1?

**10.** what food has protein in it?

**12.** what is vitamin A in?

**14.** what food as B3?