

Date: \_\_\_\_\_

[illegible]

- 3. "Good" fats lower risk of
- 6. Cholesterol is not found in
- 9. Keeps you regular, lowers cholesterol, controls blood sugar
- 12. Good source of omega-3
- 13. Water regulates body temperature through \_\_\_\_
- 15. Fat-soluble vitamins are \_\_\_\_ in the body
- 18. Amino acids from food
- 19. Good source of fibre
- 21. Builds, maintains, replaces tissue

7. Made up of sugars

**22. Salt, iron, copper**