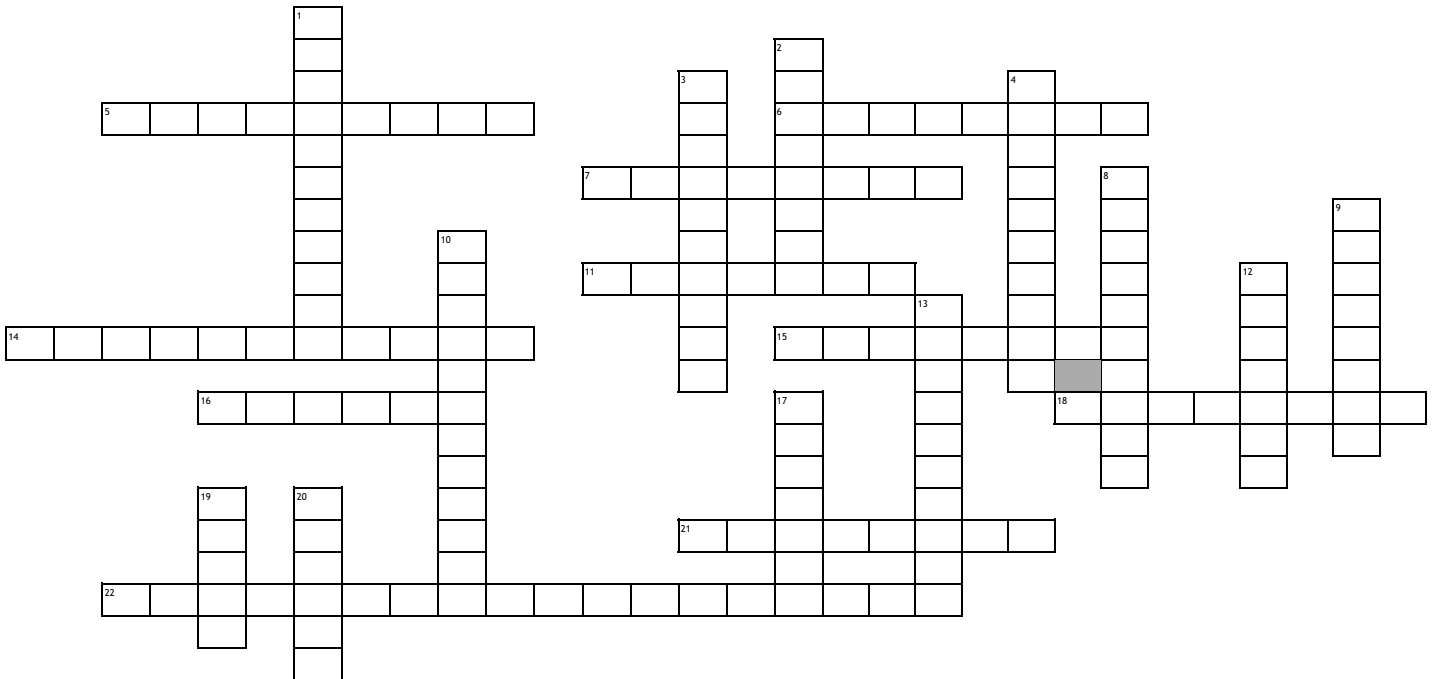


# Nutrients



## Across

5. Chemical substances from food your body needs to live  
 6. Poisoning  
 7. Also known as ascorbic acid - helps in the formation and maintenance of collagen  
 11. Vitamin D deficiency can result in this  
 14. Fatlike substance found in every cell of the body  
 15. used to make a chemical compound the eyes need to adapt to darkness - found in orange and dark green fruits and vegetables  
 16. a prolonged deficiency of Vitamin C  
 18. Known as the blood clotting vitamin - found in leafy green vegetables and cauliflower  
 21. Chemical compounds that are found in every body cell  
 22. Purified nutrient or nonnutrient substances that are manufactured or extracted from natural sources

## Down

1. a substance that prevents or slows chemical reactions involving oxygen  
 2. In humans this functions as an antioxidant - found in fats and oils, whole grain breads and cereals, liver, eggs  
 3. Fatty acids with odd molecular shape  
 4. Vitamin B2 - a member of the B-complex group - helps with the breakdown of carbohydrates  
 8. the building blocks of proteins  
 9. Promotes the growth and proper mineralization of bones and teeth - found in eggs, liver, and fatty fish  
 10. The body's chief source of energy, coming mostly from plant foods  
 12. Known as Vitamin B - helps the body release energy from food - found in all foods EXCEPT fats, oils and refined sugars  
 13. Chemical chains that contain carbon, hydrogen, and oxygen atoms  
 17. the form of sugar carried in the bloodstream for energy use throughout the body  
 19. A form of complex carbohydrates from plants that humans can not digest  
 20. Helps the body produce normal blood cells - very important in the diet of pregnant women