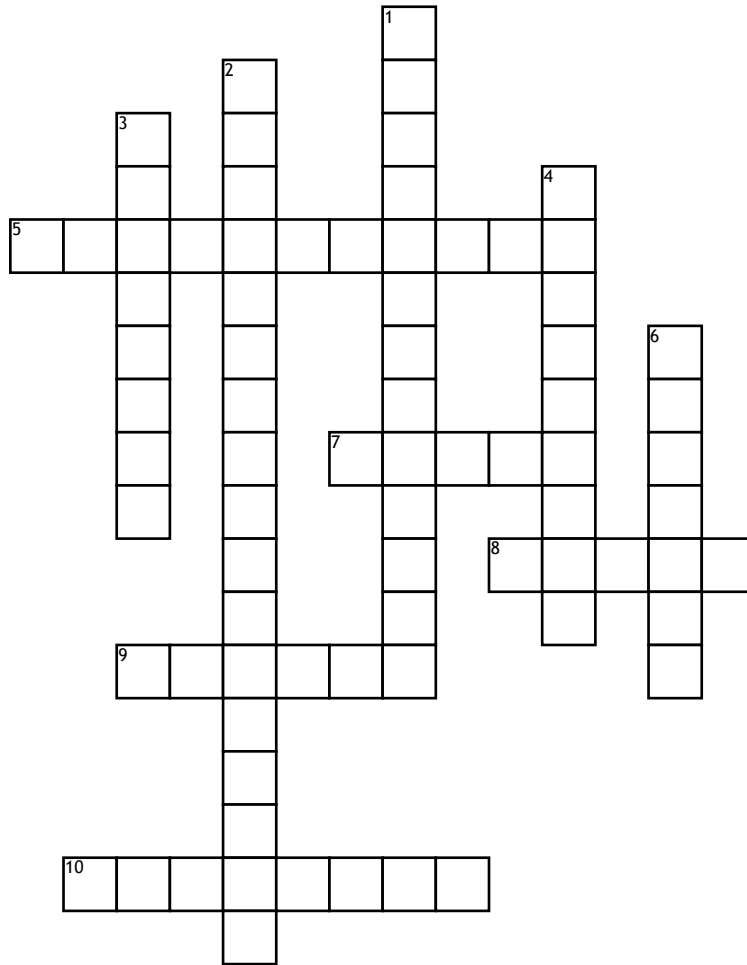


Name: _____

Date: _____

6 Essential Nutrients



Across

- 5. Stores energy for the body
- 7. Vitamins and Minerals can be found in this food group.
- 8. Regulates body functions
- 9. Carbohydrates can be found in the _____ group.
- 10. Support function of the heart

Down

- 1. Sugars and Starches are forms of
- 2. Provides energy for the body to use
- 3. Protect against certain diseases
- 4. Absolutely necessary; extremely important.
- 6. Builds and repairs muscle tissues