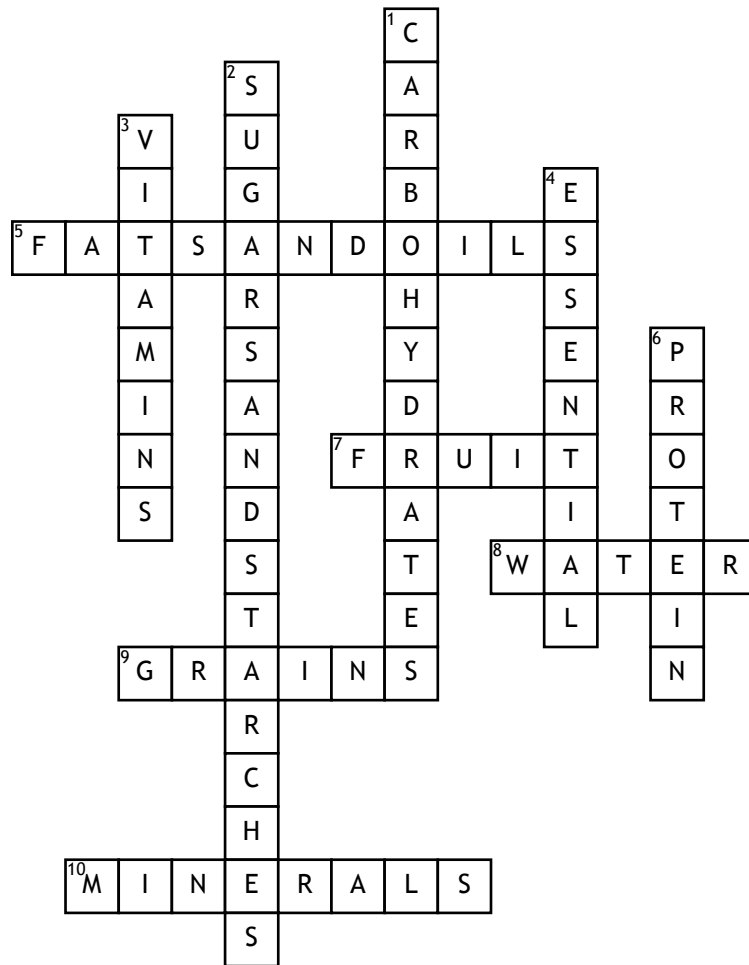


Name: _____

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