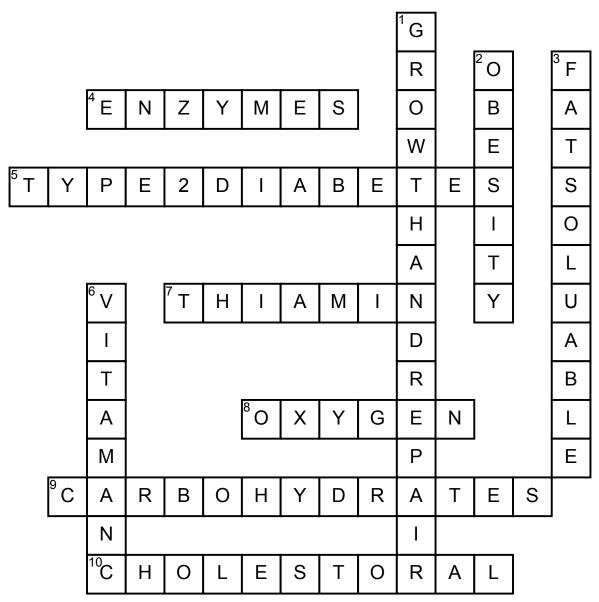
Name:	Date:
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## **Nutrition & Wellness**



## **Across**

- **4.** Zinc helps \_\_\_\_ perform their function.
- **5.** Most common form of the disease.
- 7. Vitamin B is also known as
- 8. riboflavin helps helps use \_\_\_\_\_ for cells.
- **9.** Which nutriend helps provide energy and has starchy foods as a source?

**10.** fat like substance thats found in every cell in the bodyb and occurs in foods of aminal organ

## **Down**

- 1. function of protein
- 2. risk factor for many types of cancer
- 3. Vitamins A,D,E,K
- 6. helpsn the ciollagen