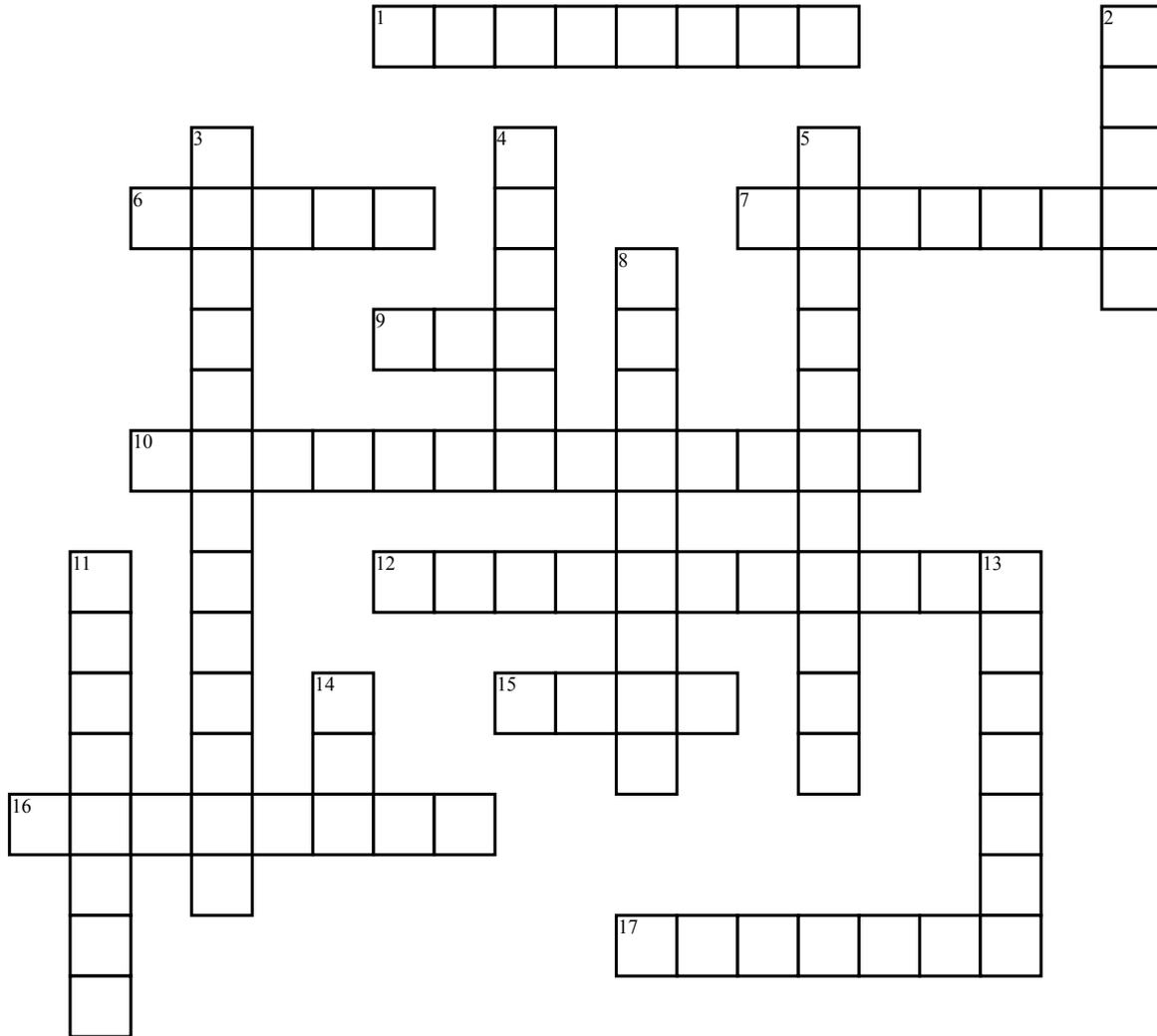


Nutrient Crossword



Across

- 1. Chemical mixtures found in many types of foods
- 6. Essential for life
- 7. Table sugar
- 9. Basal Metabolic Rate
- 10. Your body's main source of energy
- 12. Fat like substance that helps the body
- 15. Insulates you from heat and cold

16. Substances the body uses to build new cells and repair damaged ones

17. Unit of measure for energy

Down

- 2. Plant materials that your body can't digest completely
- 3. Usually solid at room
- 4. Fuel you need to walk, run, recover, grow and stay alive

5. Aren't needed unless you aren't getting enough nutrients

8. Chemicals the body needs to work properly

11. A solid inorganic substance of natural occurrence

13. Milk sugar

14. Body Mass Index