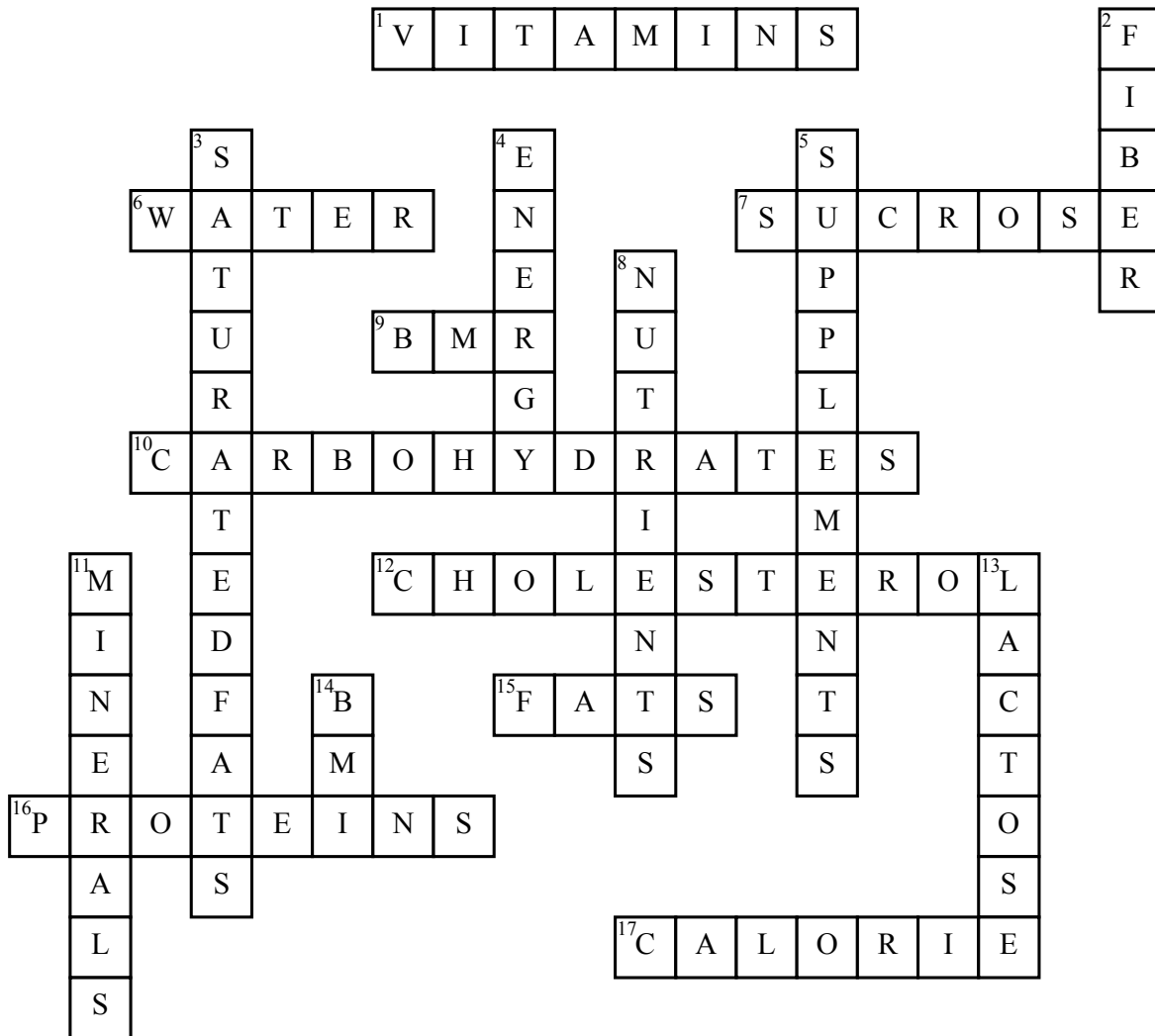


Name: _____ Date: _____ Period: _____

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