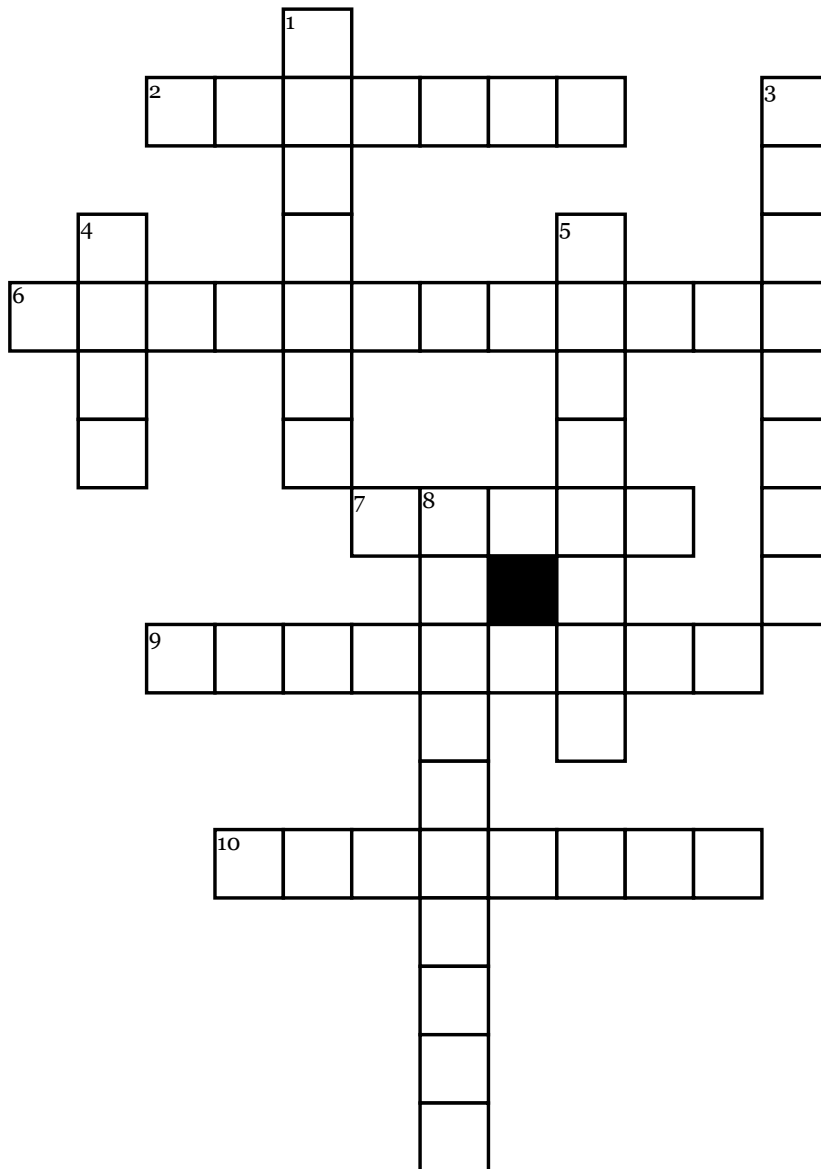


# Food and Energy



## Across

- 2.** The amount of energy released by nutrients.
- 6.** Provides energy, provides the raw material to make cell parts.
- 7.** \_\_\_\_\_ is the important nutrient because the body's vital processes require it.
- 9.** The substances in food that provide the raw materials and energy the body needs.
- 10.** Helper molecules in a variety of chemical reactions in the body.

## Down

- 1.** A type of sugar used for energy in your cells.
- 3.** Nutrients that aren't made by living things.
- 4.** Energy- containing nutrients. 2X the amount of energy as carbohydrates.
- 5.** A nutrient needed for tissue growth and chemical reactions.
- 8.** Small units that are linked together chemically to form large protein molecules.