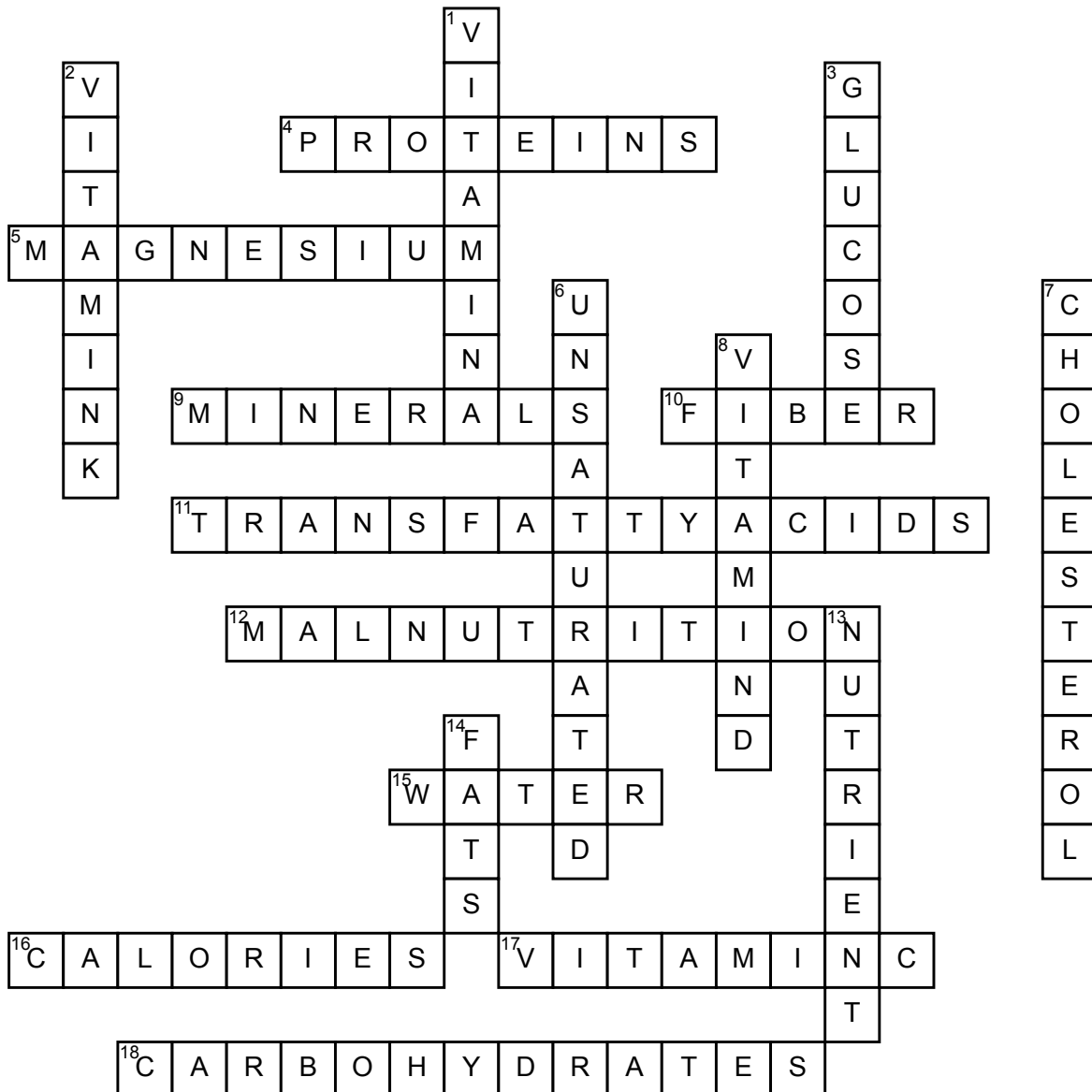


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Nutritional Needs



## Across

4. Build and repair tissues and make antibodies, enzymes, hormones.
5. Helps muscles and nerves work and cells use energy nutrients.
9. Are inorganic substances that make up 4 percent of your body weight.
10. Provides bulk in the diet and promotes normal bowel functions.
11. These fatty acids may create a health concern when they are in the body.
12. The lack of the right proportions of nutrients over an extended period of time.

15. Lubricates the joints and body cells and is essential to all chemical reactions in the body.

16. How food energy is measured.
17. Helps wounds heal and broken bones mend and the body fight infection.

18. Supply energy, help the body digest fats, and provide bulk in the form of cellulose.

## Down

1. Helps keep skin clear and smooth and promote growth.
2. Helps blood clot.

3. Is the form of sugar carried in the bloodstream for energy use throughout the body.

6. These fats help reduce cholesterol in the blood.

7. Is a fatlike substance found in every cell in the body.

8. Helps build and maintain bones and teeth.

13. Is a chemical substance in food that helps maintain the body.

14. Supply energy, insulate the body from shock and temperature changes, and protect vital organs.