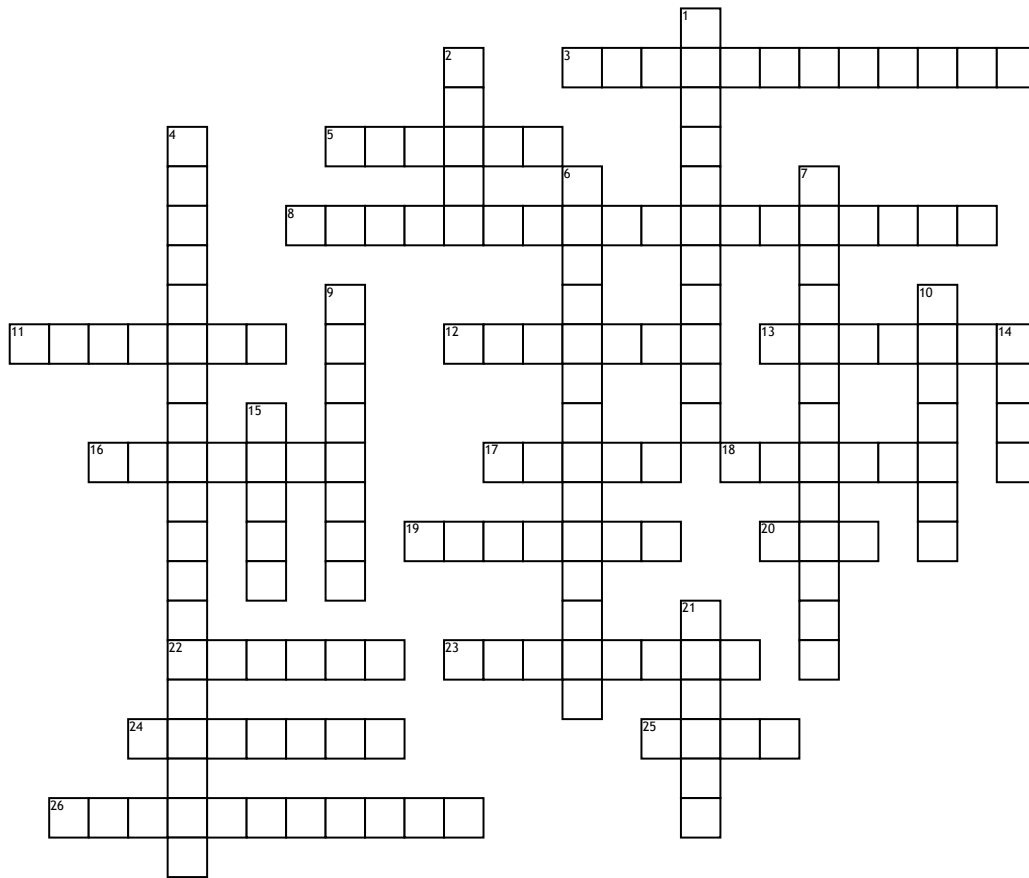


Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_

# 6 main nutrients



## Across

3. beef, chicken, pork, eggs, milk, cheese, yogurt, sour cream, cream cheese and butter all contain what type of fat?

5. what part of your body does water hydrate?

8. other than drinking water, what food group can you get the MOST water from?

11. when considering the six nutrients... it is important to maintain a...

12. out of all the six nutrients which one is exemplary of Milk?

13. an example of a food item high in trans fat is?

16. what type of mineral strengthens bones and teeth?

17. Carbohydrates are usually found in what type of product?

18. packaged foods have a high content of what?

19. what nutrient helps with tissue repair and growth?

20. which nutrients protects organs?

22. what source does Complete proteins/fat come from?

23. which vitamin assists in bone development?

24. Iron is an example of a?

25. if you drink soda excessively what mineral deficiency could you get over time?

26. plant sources of essential nutrients are sometimes referred to as an?

## Down

1. other than from the food you eat, what is another form of vitamins and minerals?

2. what source does incomplete proteins/fat come from?

4. the mineral, calcium is best found in which food group?

6. olive oil, canola oil, fish oil, soy bean, tree nut, peanuts and avocado all contain what type of fat?

7. Products with a lot of sugar contain what type of nutrient?

9. OJ is a significant source of what vitamin?

10. folic acid is an example of a?

14. in our food and nutrition class, what beverage did we learn could cause a deficiency of essential nutrients?

15. this is not a nutrient because it does not get absorbed by the body.

21. what do carbohydrates, protein and fat all provide?

## Word Bank

Cookies

Plant

Protein

Mineral

energy

fruits and vegetables

Carbohydrates

Fibre

Alternative

supplements

Vitamin C

Unsaturated fat

Iron

Sodium

Animal

Vitamin D

Organs

soda

Grain

fat

Vitamin

Saturated fat

balance

Milk and alternatives

Protein

Calcium