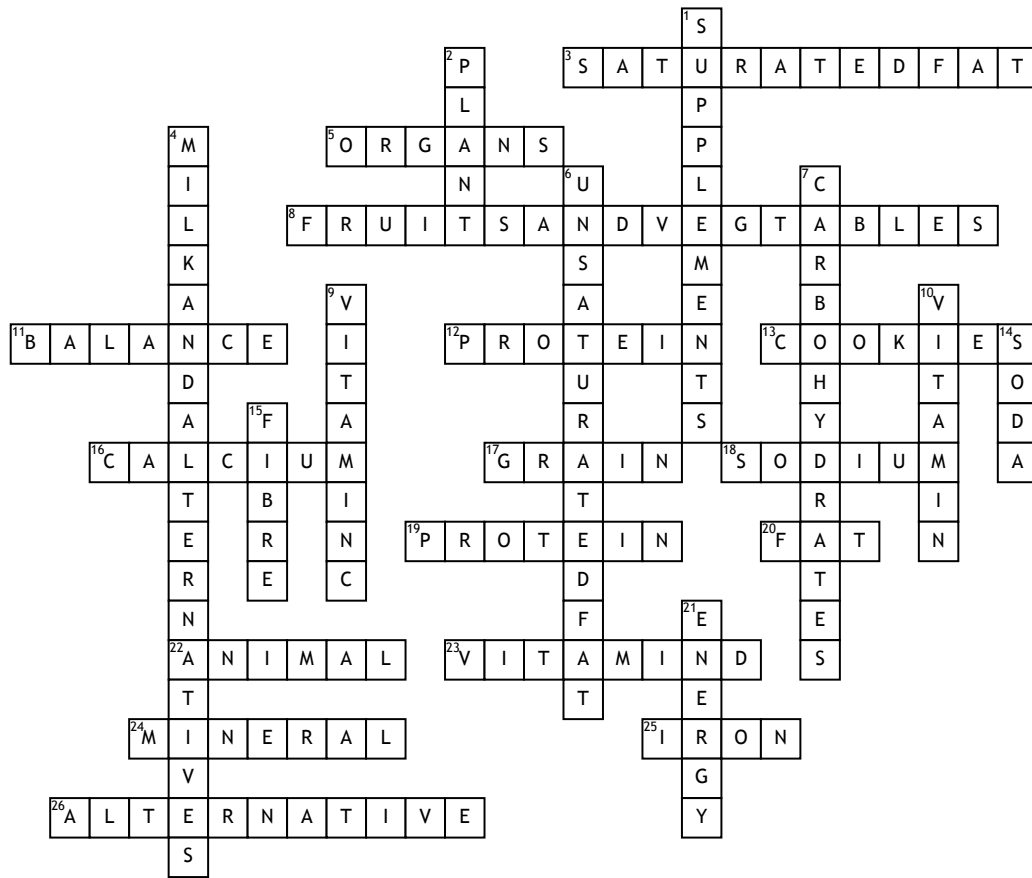


Name: _____ Date: _____ Period: _____

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 refereed 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 , peanus and avacodo all contain what type of fat?

7. Products with alot 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

Protein

Carbohydrates

Unsaturated fat

energy

Mineral

Grain

Alternative

Cookies

Iron

Protein

Plant

fat

supplements

Fibre

balance

Vitamin C

Calcium

Saturated fat

fruits and vegetables

Vitamin D

Milk and alternatives

soda

Animal

Vitamin

Organs

Sodium