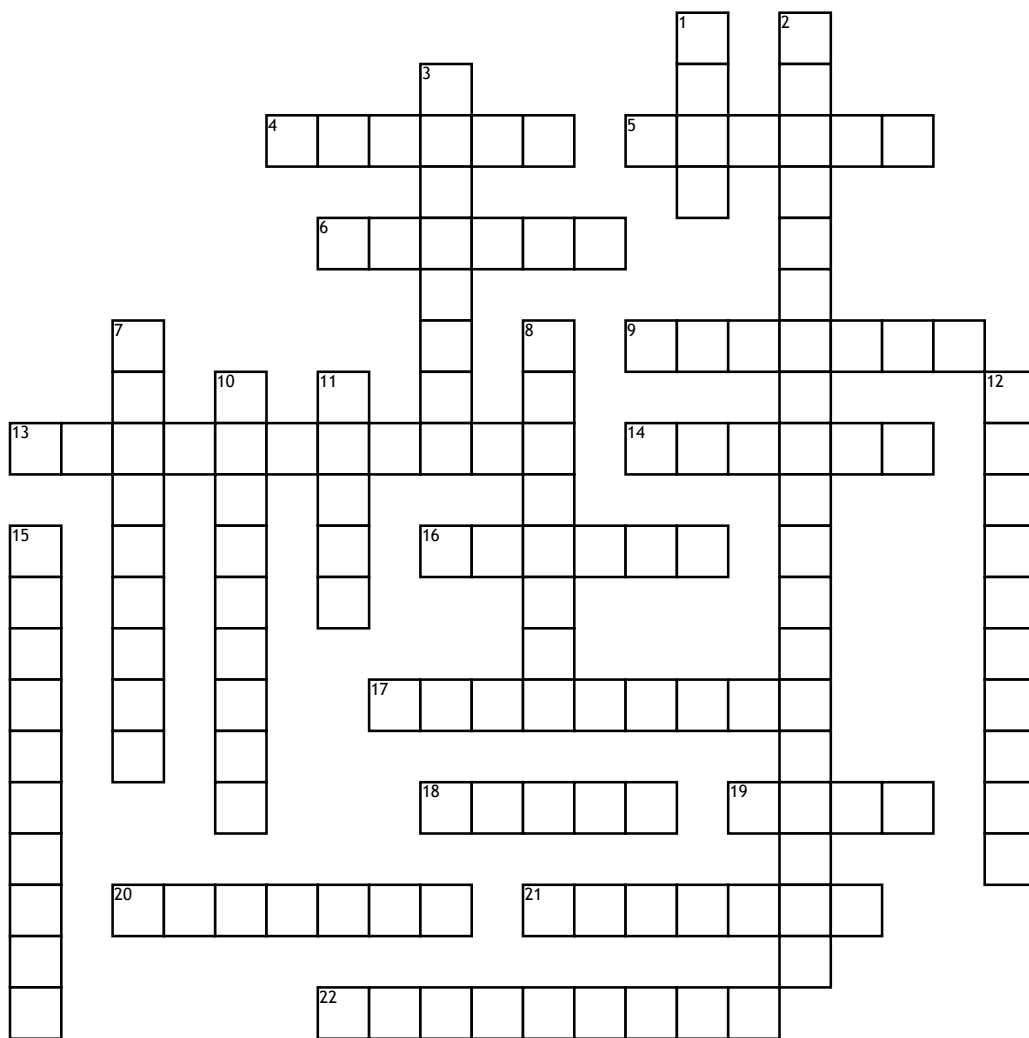


The 6 Main Nutrients



Across

4. Another word for salt is?
 5. Vitamin K promotes _____ blood clotting
 6. What is the source for unsaturated fat?
 9. What mineral helps strengthen bones and teeth?
 13. Vitamin E is an _____
 14. Calories is another word for _____
 16. Vitamin C helps this system function?
 17. Trans Fat is in what type of food?
 18. 75% of your body is composed of this

19. Saturated and Unsaturated are examples of what?

20. Beef, Chicken, Pork, Eggs, Milk, Cheese, Sour Cream, Butter and Yogurt come from this source?
 21. Simple and _____ carbohydrates
 22. Vitamin A helps prevent night _____

Down

1. What nutrient helps carry oxygen to the cells?
 2. Jam and Cornsyrup are examples of _____.

3. Peanuts, Treenuts, Whole Grains and Oils are food sources for what nutrient?

7. 14 is examples of this type of fat?
 8. A lack of this vitamin can cause scurvy
 10. This nutrient is important during pregnancy
 11. _____ is not considered a nutrient because it does not get absorbed by the body.
 12. _____ protein helps with tissue repair and growth
 15. Vitamin D helps to prevent _____

Word Bank

Plants	depression	Saturated	Energy	antioxidant
Vitamin E	Vitamin C	Fats	Folic Acid	Calcium
Processed	Complex	Water	Immune	Animals
Fibre	simple carbohydrates	Incomplete	Normal	Sodium
blindness	Iron			