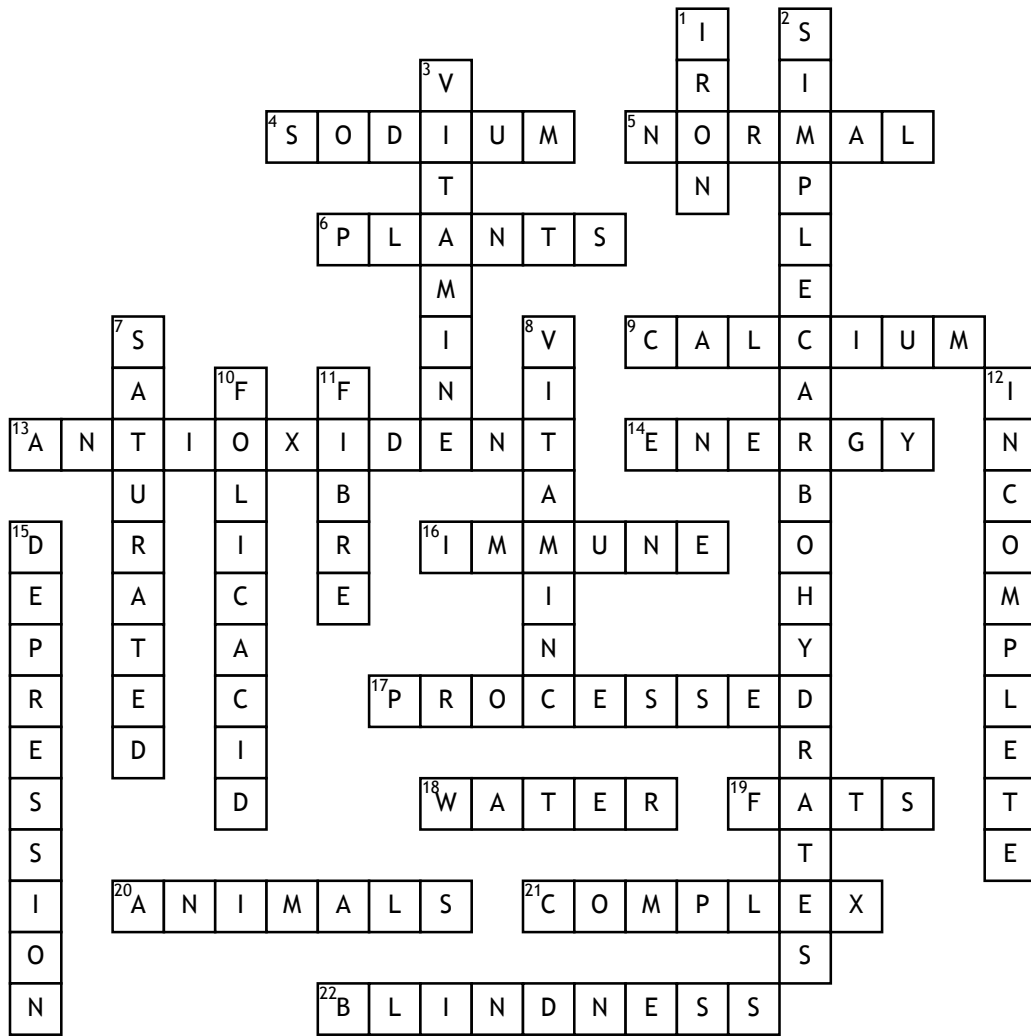


The 6 Main Nutrients



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

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