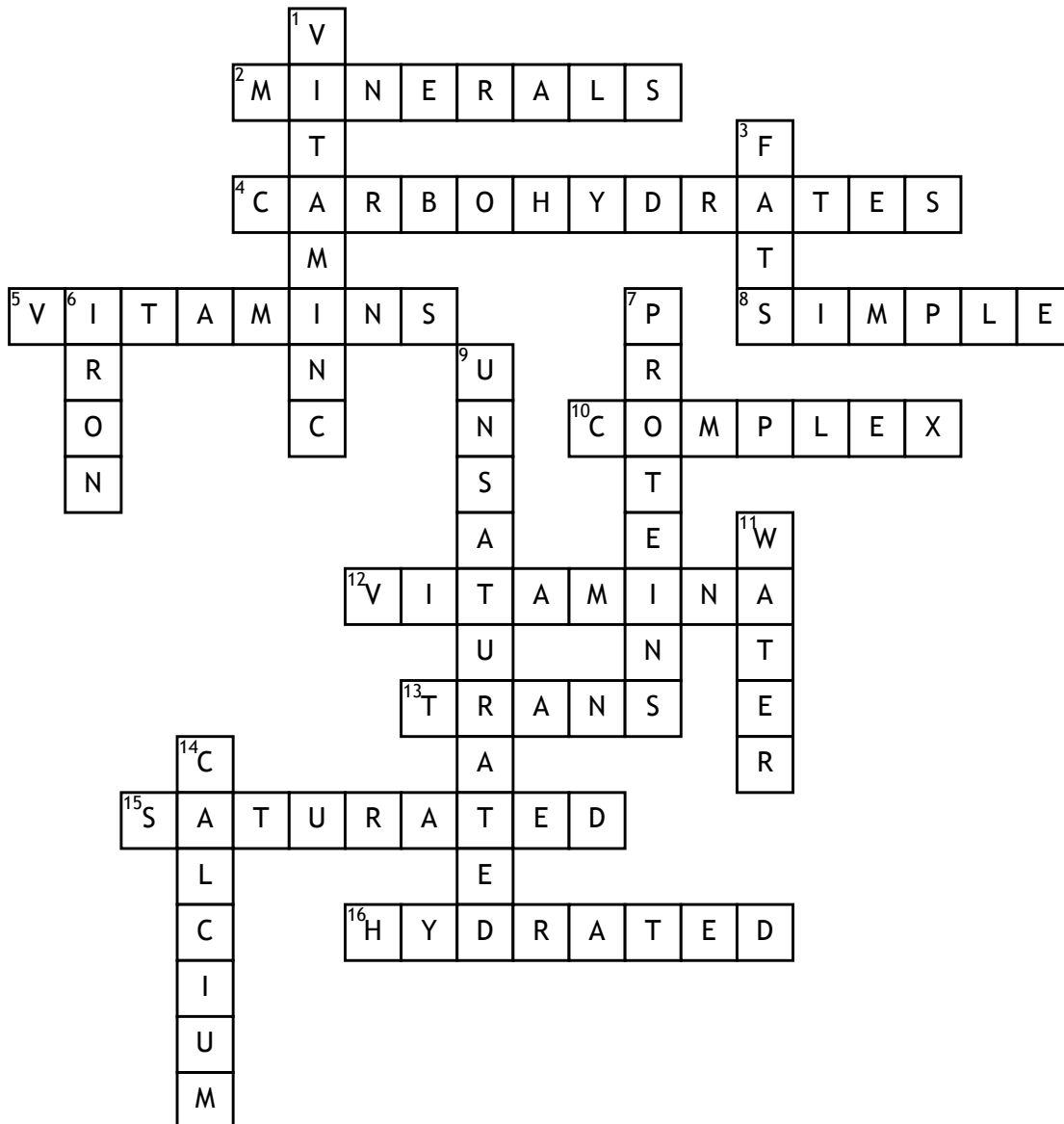


Name: \_\_\_\_\_

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

# Essential Nutrients



## Across

2. An example is calcium
4. The body's main source of energy
5. Needed for the body to develop correctly
8. Type of carb from fruits & lollipops
10. Type of carb from bread & pasta

12. Vitamin that helps the pigment in your eyes develop so you can see, found in carrots

13. Type of fat that should be avoided, found in fast food

15. Type of fat that helps your body absorb vitamins

16. Means to keep the right amount of water in your body

## Down

1. Vitamin that helps your body repair tissues

3. Help your brain and nervous system develop correctly

6. Mineral that acts as a delivery system

7. Build up, maintain, and replace tissues in the body

9. Type of fat found in olive oil & tuna

11. Helps to regulate body temperature

14. Helps you body grow strong bones