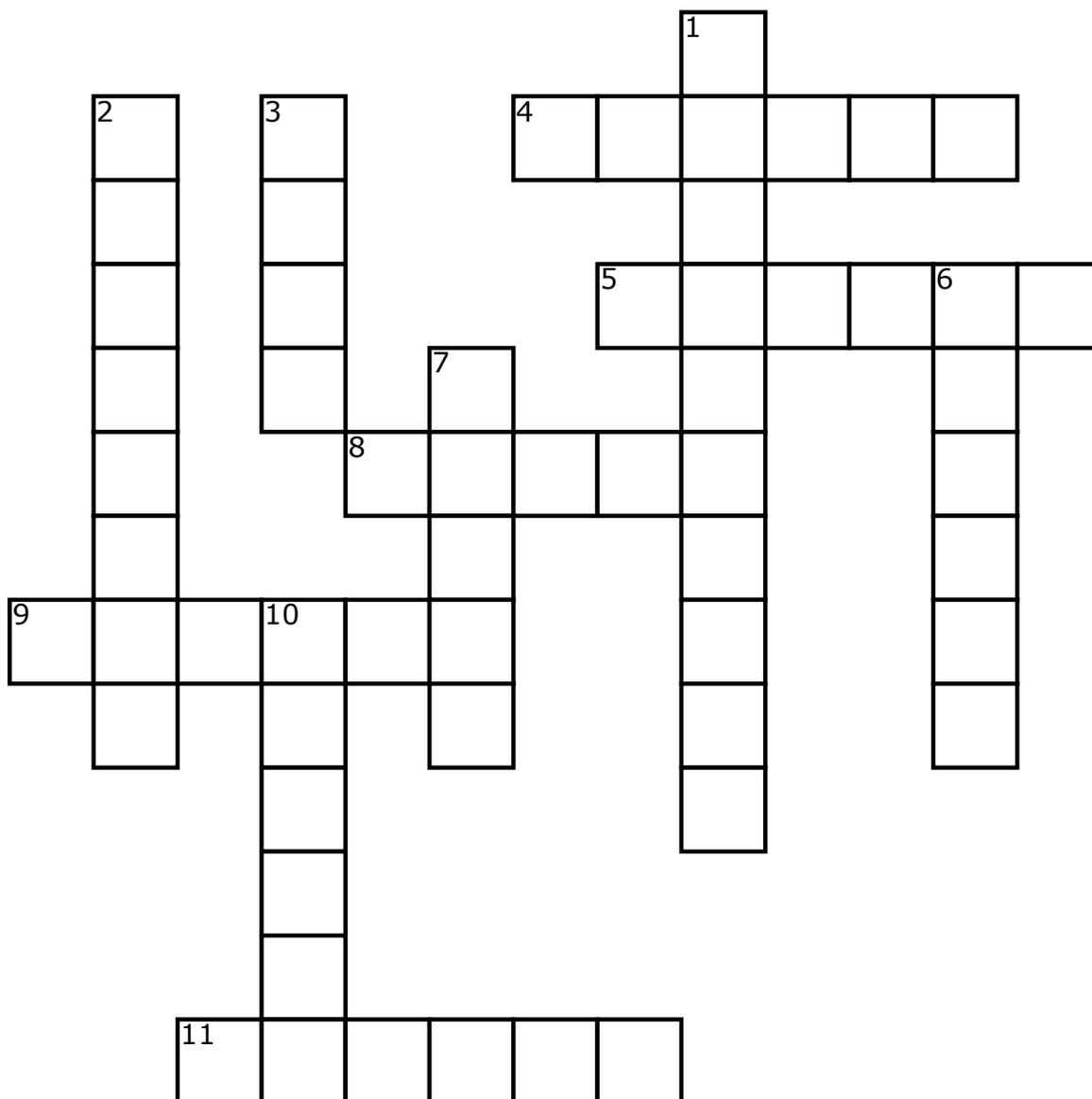


Nutrients



Across

- 4.** Carbohydrates is needed for _____
- 5.** Fats are important for energy, protection of the organs and for _____
- 8.** These nutrients are needed in small amounts
- 9.** Proteins are important for the growth and _____ of body cells and tissues
- 11.** Unsaturated fats are derived from fish and _____

Down

- 1.** Minerals are important for body building and _____
- 2.** Vitamins are important to prevent _____
- 3.** 1 g of Carbohydrates and Proteins give _____ calories
- 6.** the daily percentage of energy intake of fats is _____
- 7.** Carbohydrates are divided into sugar, starch and _____
- 10.** The high biological value proteins comes from _____ sources