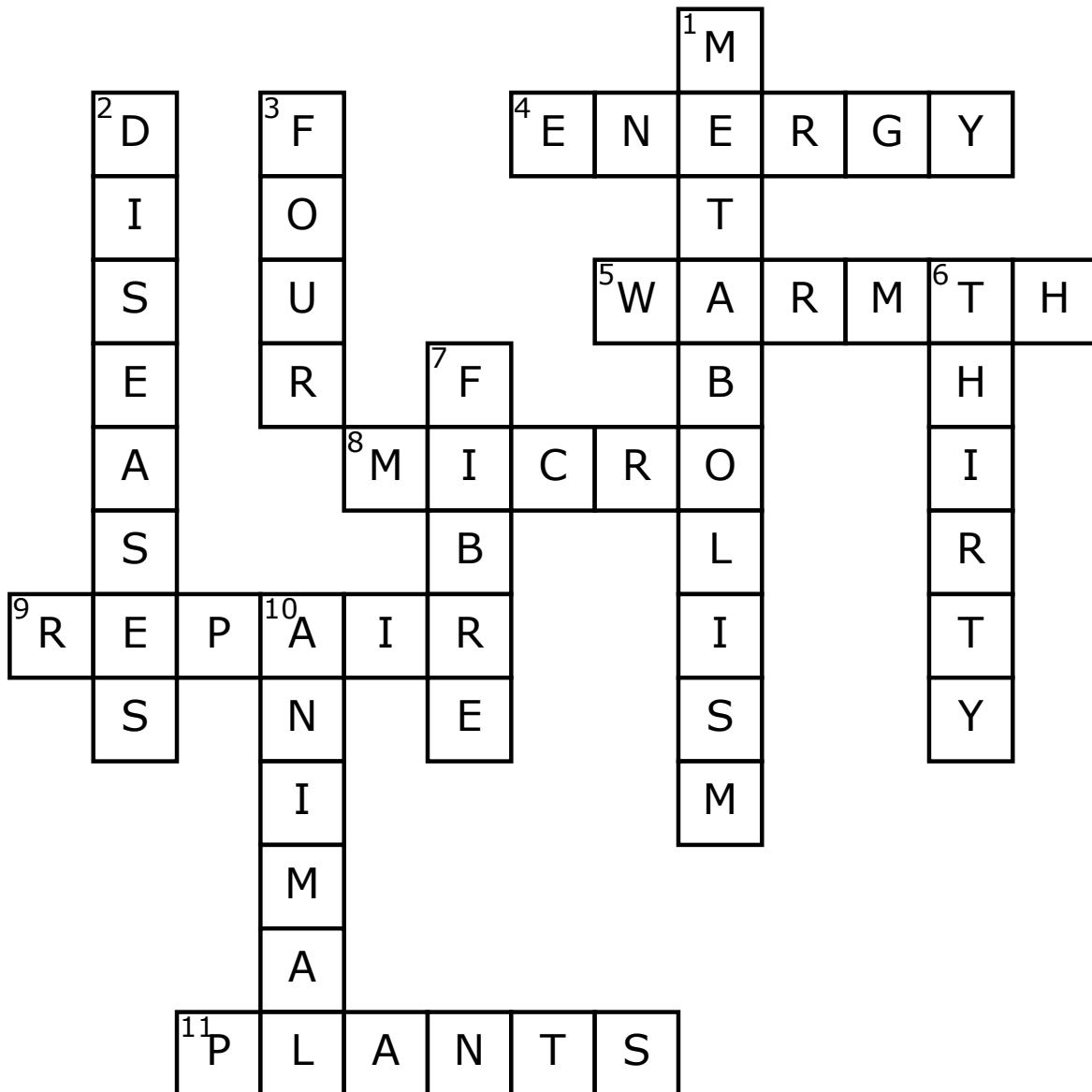


Nutrients



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