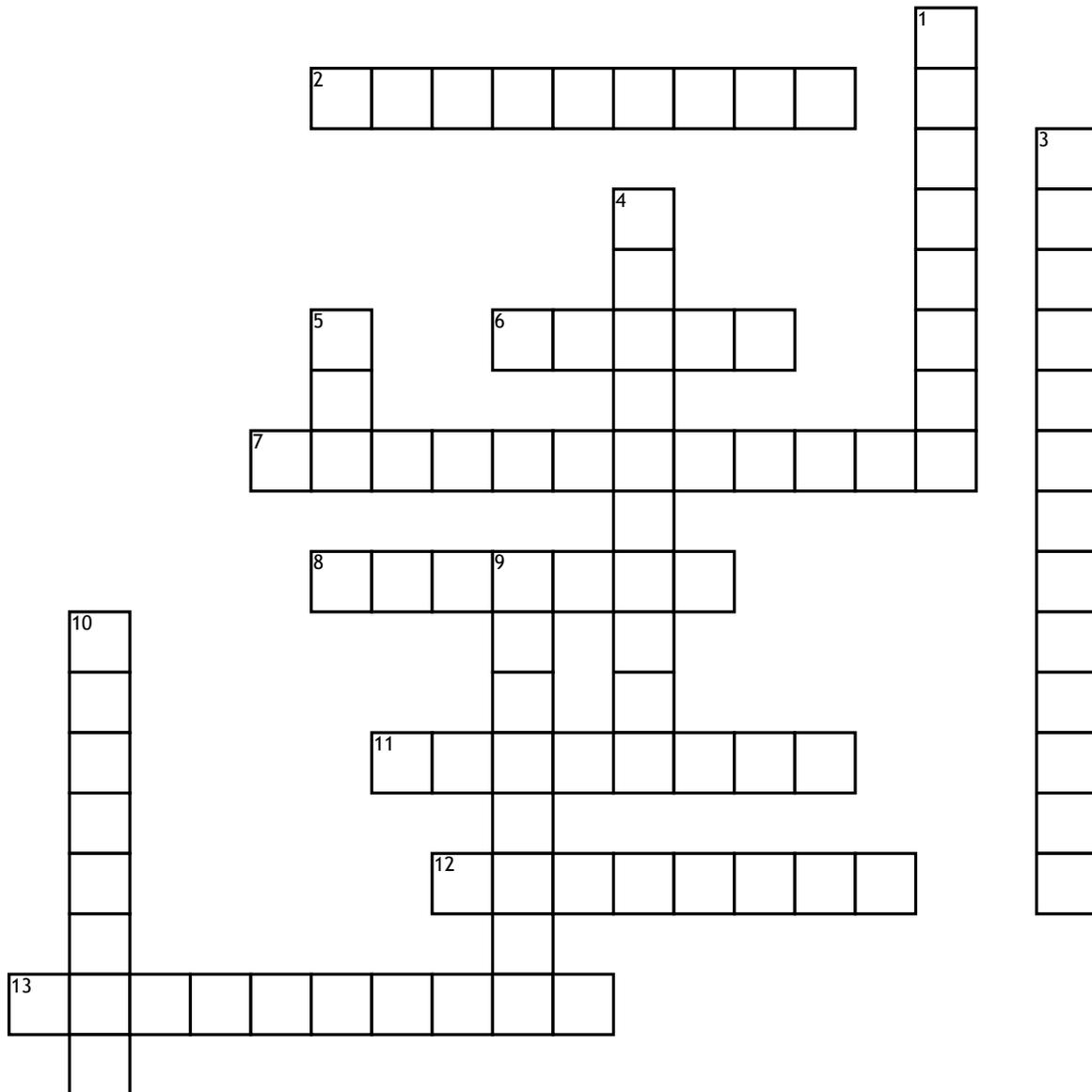


Name: _____

Date: _____

Nutrition



Across

- 2. Fat that is solid at room temperature
- 6. Accounts for 60% of your body
- 7. Potassium and sodium are types of these
- 8. Spinach and broccoli are two of the best sources of this bone building mineral

- 11. Made up of chains of amino acids
- 12. These nutrients are naturally occurring in the Earth
- 13. How fast you use energy in body

Down

- 1. Can be fat-soluble or water-soluble
- 3. Primary source of energy for most people

- 4. Vitamins A, D, E, K are what type
- 5. Good cholesterol
- 9. Amount of energy in food
- 10. Potatoes and pasta are good source