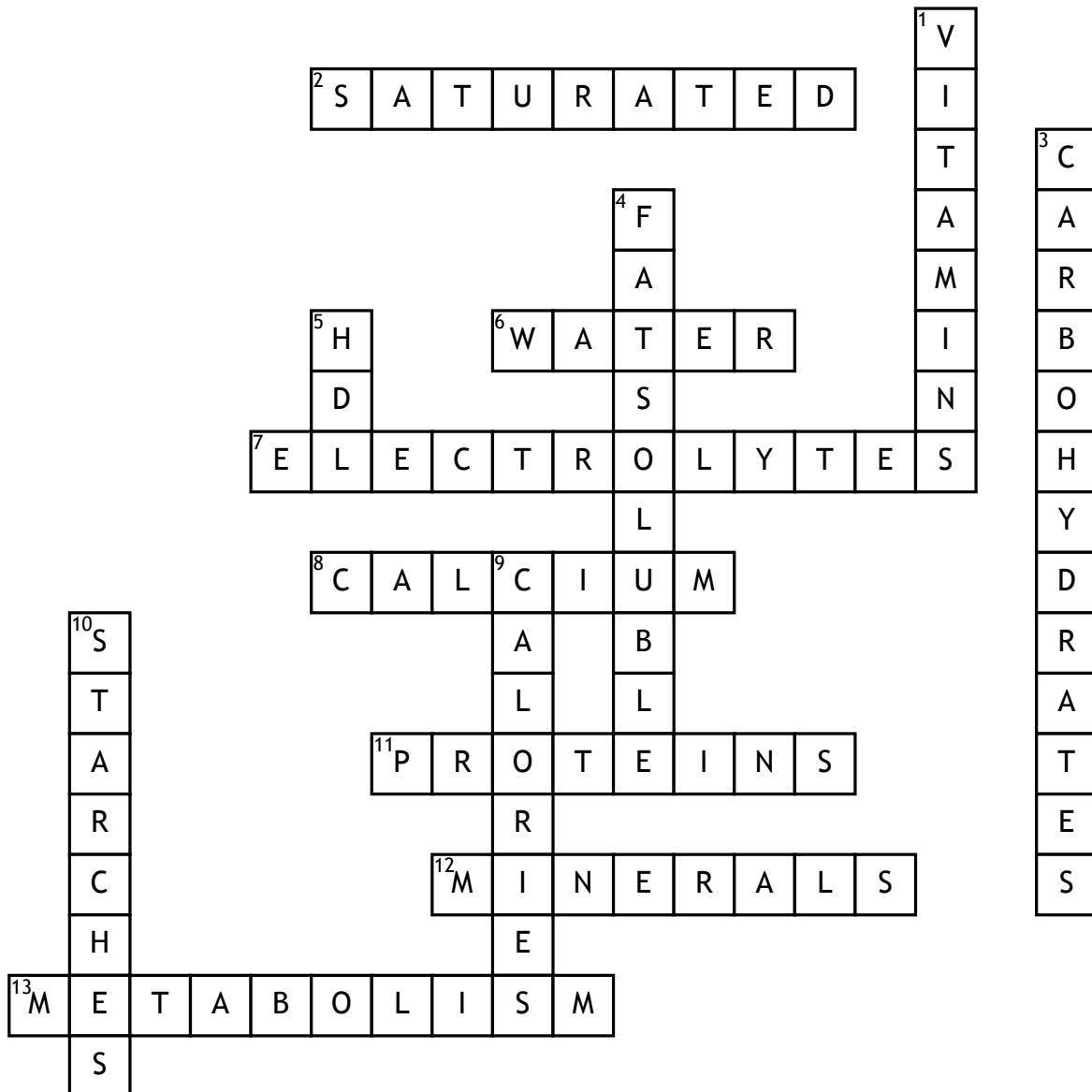


Name: \_\_\_\_\_

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