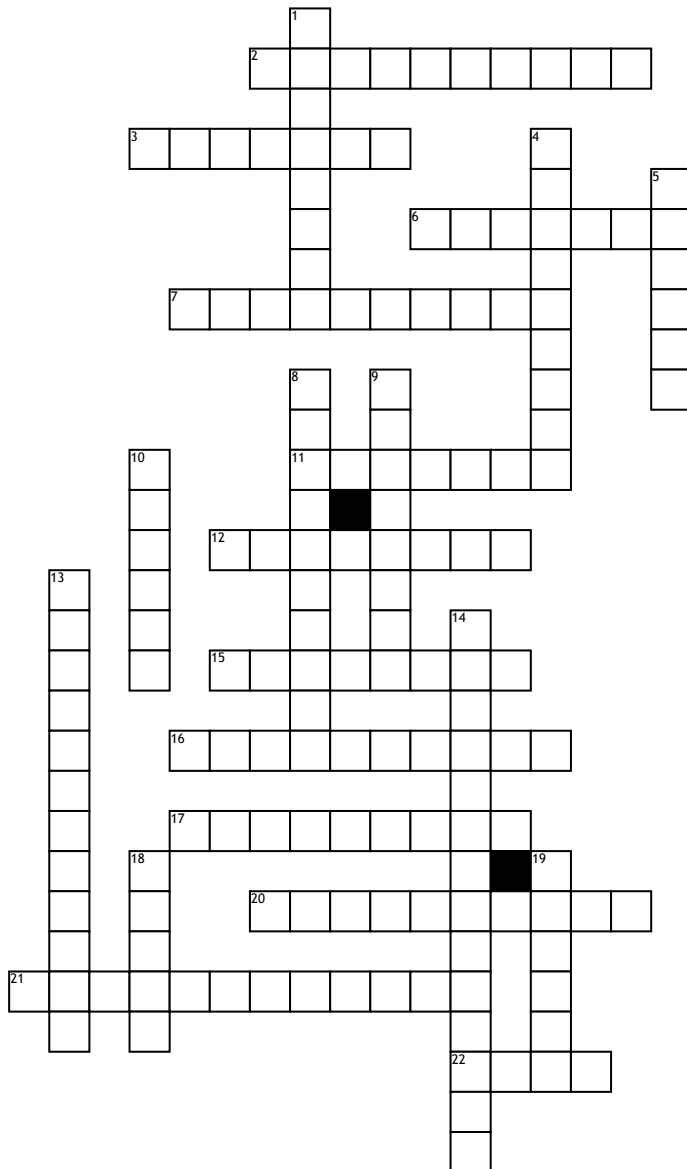


Name: \_\_\_\_\_

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

# Biology crossword nutrition



## Across

2. Vitamin A,D,E,K are also known to be
3. a type of simple sugar
6. This nutrient is the only one that contains nitrogen
7. P stands for what element
11. Ca stands for what element
12. Ca, Mg, Fe, P, Na, K, Cl are known as
15. One of this nutrients function is used to help repair cells
16. the best type of bread you can eat
17. Mg stands for what element

20. This molecule is the building block of proteins

21. Vitamin B & C are known to dissolve in water which means they are?

22. a seafood that is high in protein & omega 3 fatty acids

## Down

1. this is a unit of measure we obtain when we eat food

4. K stands for what element

5. what is the function that carbs provide?

8. This kind of oil is saturated fat and becomes solid in 23 degrees.

9. Cl stands for what element

10. this food grain is the vegan source of complete protien

13. Coconut oil is what type of fat

14. Olive oil, avacado oil, Sesame, and Sunflower are what type of fat

18. This acts like a moisturizer for our body and regulates body temperature

19. This nutrient provided energy, protects organs, and regulates body temperature