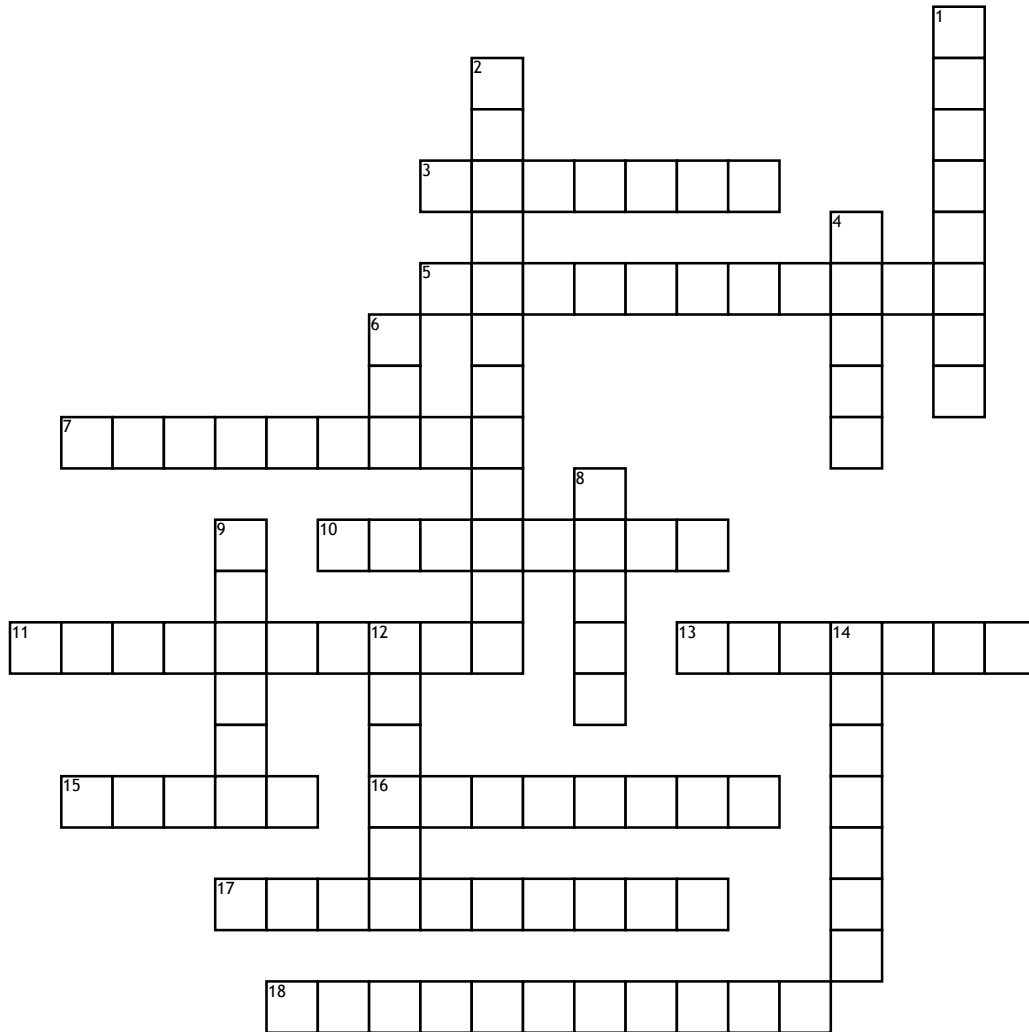


Name: _____

Date: _____

ESSENTIAL NUTRIENTS



Across

- 3. This nutrient helps build and repair bones, muscle and tissue
- 5. Eating healthy helps you _____ more
- 7. This is considered bad fat
- 10. This vitamin is needed to help decrease blot clots
- 11. _____ proteins come from plant sources
- 13. You need Vitamin D in order to absorb this mineral

15. _____ helps move food through the digestive system

16. This type of vitamin you can obtain from sunlight

17. _____ are the building blocks of proteins

18. This type of fat is liquid at room temperature

Down

1. _____ proteins come from meat, poultry, dairy, soy, and eggs.

2. This nutrient is the main source of energy for the body

4. This is the most important nutrient needed for all body processes

6. _____ Soluble Vitamins are stored in fat

8. You should get at least _____ glasses of water a day

9. This type of carb gives you quick energy

12. The body makes _____ amino acids

14. This type of carb is long lasting energy

Word Bank

- | | | | | | |
|-------------|---------|-----------|------------|--------------|-----------|
| concentrate | Eleven | Simple | Incomplete | unsaturated | water |
| Complete | protein | Vitamin D | Fiber | carbohydrate | Fat |
| Amino Acids | eight | Calcium | complex | saturated | Vitamin K |